

Read the article quickly. Which statement is not true?

- 1 Alison's parents know about her problem.
- 2 Alison's problem is a very modern one.
- 3 More young people are shopaholics now than fifty years ago.



READING

I just can't stop ...

HELP!

SHOPPING!

Have you ever bought something and then changed your mind? For Alison Jensen, 15, this used to happen several times a week. Alison was a shopaholic. She just couldn't stop shopping and she loved special offers.

Alison's bedroom is full of stuff. 'I've been to every shop in Birmingham, I think,' says Alison. She picks up some earrings. The label is still on them. 'These were half price,' she says. 'I've never worn them.' Alison's problem wasn't just jewellery. She also bought a lot of clothes, though not many shoes, because they were usually too expensive. She has also bought hundreds of other small things – like 20 new covers for her phone. She hasn't used any of them!

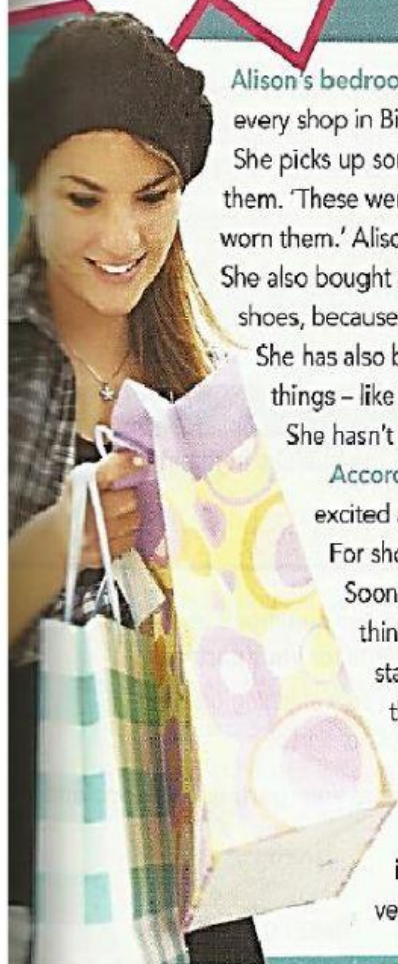
According to experts, we all feel excited after we buy something new. For shopaholics, it's a little different. Soon after they buy something, they think they've made a mistake and start to feel miserable. So they buy themselves something else to feel happier.

Psychologists first described the problems of shopaholics in 1915. However, there was very little research on the subject

until recently. Now, doctors think thousands of people suffer from the problem, and the situation is getting worse. There are also more teenage shopaholics now, although most young people don't have enough money to go shopping very regularly.

Alison knew she had a problem. 'I often bought something every day. Usually it was something small, but I just needed to buy it,' she says. 'I spent money that I got for my birthday, and when I was short of cash, I borrowed money from friends or my parents. When I couldn't go shopping, I felt anxious. Then one day, my mum just looked at all the stuff in my room and said, "This is crazy!" I knew she was right.' I needed some big changes in my life.

Alison now gets help with her problem and feels she has changed. She no longer thinks she's a shopaholic. 'When I want to buy something in a shop, I ask myself two questions,' she says. 'Do I need it? Can I afford it? The answer to both questions is usually "no", so I walk away. It's great!'



Read again and respond the questions:

Read the article again. Choose the correct answers.

- 1 What is the purpose of the article?
 - A to persuade people to go shopping less
 - B to encourage people to get help if they have a problem
 - C to inform people about a problem
 - D to warn people about the dangers of shopping
- 2 What kinds of things did Alison buy?
 - A clothes and shoes
 - B clothes, shoes and jewellery
 - C only jewellery
 - D clothes, jewellery and other personal things
- 3 What do experts say about shopaholics?
 - A They feel miserable when they are shopping.
 - B They soon feel unhappy after they have bought something.
 - C They feel more excited than other people when they shop.
 - D Shopping is the only way they can feel happy.
- 4 What is Alison's attitude to shopping now?
 - A She doesn't often want to buy things now.
 - B She doesn't enjoy shopping now.
 - C She still buys things she doesn't need.
 - D She is in control of her shopping now.
- 5 What might Alison say now?
 - A I'm glad I got help.
 - B I need to get help.
 - C My problem wasn't too bad.
 - D I need to change my life.