

## Reading

Read the text and questions below. For each question choose the correct answer (A, B, C or D).

- 1 The writer says people like shopping because they can:
  - A find presents they want other people to buy.
  - B get themselves something for making a big effort.
  - C buy things that other people will admire.
  - D buy something to make a loved one feel good.
- 2 People who are addicted to shopping sometimes:
  - A buy things twice.
  - B steal things from shops.
  - C sell the things they buy.
  - D spend other people's money.
- 3 Some experts say shopping addiction might be caused by:
  - A having parents who buy you lots of things.

- 4 When do shopping addicts feel best?
  - A when they destroy the things they buy
  - B when they pay for the things they buy
  - C when they take the things they buy home
  - D when they steal things
- 5 What might help someone who is a shopping addict?
  - A visiting only the shops in their local area
  - B realising that their feelings are unimportant
  - C learning where their shopping addiction comes from
  - D making yourself feel good

# Addicted To Shopping

Almost all of us get some kind of pleasure from shopping. We might feel good about going out to buy something for someone we love, or we might want to reward ourselves after a week of hard work. For some people, though, shopping becomes a problem. They feel a strong need to buy and often spend large amounts of money on things on sale they don't need, or even possibly that they already have. Finding the money to go shopping can even get them in trouble with the law. These people are addicted to shopping.

Some experts believe that events in your childhood can cause shopping addiction. As children, it's very important to all of us that we feel important to our parents and that we are free to express our emotions. When we don't have that, we often look for other ways to make ourselves feel better. Shopping addicts usually get a powerful feeling of comfort and satisfaction at the moment they hand the money over. In general, though, the enjoyment has disappeared by the time they get home from a trip. They might feel bad about

wasting money and hide the things they've bought, or even destroy them.

Serious financial problems are often the result of shopping addiction. Very few of us can afford to spend money on things we don't need and it's not long before the credit card bills start to get out of control. Some addicts may even steal to make sure they can afford the next shopping trip.

It's not easy to get over shopping addiction. It seems that the best treatment involves finding the real reason behind the behaviour, such as childhood memories or difficulties in your present life. Once you understand the cause, then you can deal with it differently. For example, if the shopping addiction comes from feeling unimportant, you need to find other ways of making yourself feel good, such as learning a new skill or helping other people in some way. Many shopping addicts manage to rebuild their lives, but it's not always easy, and the shops are still just a short bus ride away.