

Matura bez problemu – zadania tekstowe 2

Przeczytaj tekst. Po każdym akapicie zdecyduj, czy zdania podane poniżej wyrażają prawdę - 'true', czy fałsz - 'false'.

There are several characteristics that shopping addiction shares with other types of addiction. As with other addictions, shopping addicts typically become preoccupied with spending and devote a lot of time and money to the activity.

a) Many kinds of addictions are like addiction to shopping.

Actual cash spending is important to the process of shopping addiction while window shopping does not constitute an addiction.

b) The money that a shopping addict spends does not matter in the process of compulsive shopping.

Shopping addiction is highly ritualized and follows a typically addictive pattern of thinking about shopping, planning shopping trips, and the shopping act itself, often described as pleasurable, ecstatic even, and as providing relief from negative feelings. Finally, the shopper often crashes with feelings of disappointment, particularly with him or herself.

c) A shopping addict does not achieve much pleasure from going on a shopping spree.

Compulsive shoppers use shopping as a way of escaping negative feelings, such as depression, anxiety, boredom, self-critical thoughts, and anger. Unfortunately, the escape is short-lived. The purchases are often considered useless, and compulsive shoppers will then begin to plan the next spending spree.

d) For many addicts shopping considers a long-term solution to their mental problems.

Most addicts shop alone, although some shop with others who enjoy it as it may lead to embarrassment to shop with people who don't share this type of enthusiasm for shopping.

e) Most shopping addicts avoid going shopping with people who are not so keen on shopping.