

## 2 Read the essay excerpt and check (✓) the correct outline.

Many experts believe that the number of people who overspend has been increasing. They may overspend because they are depressed, they lack confidence, or they have a shopping addiction.

First, people who are depressed often feel better when they shop. However, this improved mood often does not last long. . . .

Second, some women who lack self-confidence may overspend on items such as new clothes. These things can help some women feel better about themselves. . . .

Third, some people overspend because they have an addiction. Shopping addicts cannot always control their behavior, and sometimes feel they need to shop in order to feel good. . . .

To conclude, there are many reasons why people may overspend. A feeling of depression or a lack of self-confidence may contribute to the problem. Some people have addictions they cannot control. No matter what the reason, people who overspend should seek help.

### Outline A

Introductory paragraph: With support, it is possible to stop overspending.

Body paragraph 1: friends can help by listening to problems

Body paragraph 2: interaction with family may improve confidence, which can help

Body paragraph 3: professional counselors can give advice

Conclusion: A strong support system can help people stop overspending.

### Outline B

Introductory paragraph: People may overspend because of depression, lack of confidence, or addiction.

Body paragraph 1: depressed people feel better when they shop

Body paragraph 2: some women who lack confidence buy clothes

Body paragraph 3: shopping addicts shop in order to feel good

Conclusion: People who overspend should seek help for their behavior.