

Are You A **SELF TEST:** Compulsive Spender?

While many of us **occasionally** over-spend, compulsive spenders **regularly** over-spend. If you recognize that your shopping or spending feels out of control, the self-test below can help you assess your behavior and determine what to do about it:

Ask yourself the following questions:

1. Do you shop as a result of being disappointed, angry or scared?
2. Are your shopping/spending habits causing emotional distress or chaos in your life?
3. Do you have arguments with others regarding your shopping or spending habits?
4. Do you feel lost without credit cards?
5. Do you buy items on credit that you would not buy with cash?
6. Does shopping give you a feeling of euphoria and anxiety at the same time?
7. Does spending or shopping feel like a reckless or forbidden act?
8. Do you feel guilty, ashamed, embarrassed or confused after shopping or spending money?
9. Are many of your purchases never used?
10. Do you lie to others about what was bought or how much money was spent?
11. Do you think excessively about money?
12. Do you spend a lot of time juggling accounts and bills to accommodate spending?

Four or more “yes” answers to the questions above indicates a problem with spending.

CALL YOUR EAP FOR CONFIDENTIAL HELP

If compulsive spending is causing difficulties in your life, recognizing and admitting that you have a problem is the first step toward recovery. The next step is to seek professional help. Your Employee Assistance Program (EAP) is a great resource to turn to for help. Through confidential counseling or referrals, your EAP will be able to help you assess your situation, help you address the problems or concerns in your life which are contributing to your out-of-control behavior, and help you learn how to fully recover.



Your EAP counselor can also help you address any problems that have been caused by your compulsive spending.

Remember, all EAP services are FREE and strictly CONFIDENTIAL. Why not call an EAP counselor today?

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