

## Life... I can't stop spending

### **S i t u a t i o n :**

Help please!!!! In the last few months I have become a really compulsive spender. Well let's say that in the last few months it's gotten worse, or maybe I'm finally owning up to the fact. Yesterday I came home with another new pair of shoes. When I went to put them in my closet, I had to move aside four shoeboxes with brand new, never-worn shoes to make this latest pair fit. I was furious at myself. I buy and then I feel guilty.

### **A n s w e r :**

*Whether it's Italian shoes, Indian saris or electronic gadgets, many people are caught in the trap of sale spending. It's a good deal does not have to equal "I have to have it."*

*Feeling guilty never feels good – yet right now that guilt – or the "I'm wrong for doing this," feeling is moving you toward more healthy habits. We have to recognize that we're doing something before we can change our behavior.*

*Step one is to stop looking at shoes when you go to the store. If you're at JC Penney's to buy towels, do NOT go to the shoe section before or after you look at the towels. Period. If you're getting shoes for the kids, the same rule applies – do NOT browse through the section with the adult shoes. You are in command of where your body goes (by walking) and what your eyes look at.*

*If you do slip up and find yourself admiring a pair of gotta-have-these shoes, change your thought from "I want these" or "I've got to have these," to "These are nice and I DON'T have to buy them, I DON'T have to buy them, I DON'T have to buy them." Period. Then command your legs to move away from your temptation.*

*Expect that it's not going to be easy to walk away or stay away from your compulsive shopping. Resisting impulses produces a temporary feeling of tenseness. But that momentary tenseness is a whole lot better than the hours of guilt you feel after you give into an impulse. Each act of self-control (not buying) is going to re-build your self-respect. You're going to like yourself a whole lot better when you can look in the mirror and say: "Wow, I saw a great looking pair of shoes today, and I didn't buy them."*