When shopping gets too expensive

Shopping is one of the most popular spare time ______________ (ACTIVE). Magazines are full of pictures of celebrities ______________ (LEAVE) exclusive boutiques, with armfuls of bags bearing distinctive designer logos. Millions of us head off at the weekend to shopping malls near city centres. For the ______________ (MAJOR) of shoppers, the biggest problems are finding somewhere to park or getting information from ______________ (HELP) shop assistants.

But for some, the love of shopping can lead to more serious problems. An estimated one in every five people is ______________ (ABLE) to keep their spending habits under control. Teenagers are twice as likely as adults to become compulsive shoppers.

Experts who specialize in peoples’ shopping habits view it as an ______________ (ADDICT). However, they point out two important differences between shopaholism and other types of addictive ______________ (BEHAVE). Firstly, it is not taken ______________ (SERIOUS) by society, even though it can happen to anyone from any social background. Increasing numbers of men are seen going on uncontrollable shopping sprees, although, when asked, they refer to themselves as “collectors” rather than shopaholics. The second is that, unlike drugs, alcohol or gambling, shopping is socially ______________ (ACCEPT) and therefore easily available. We are constantly bombarded with advertisements ______________ (PERSUADE) us to buy items we really don’t need.

Doctors in the United States have prescribed anti-depressants to shopaholics who cannot stop themselves spending, despite already having enormous debts. In the UK ______________ (MEDICINE) experts prefer to send such people to places where they are taught money ______________ (MANAGE).

However, there is one glimmer of light on the horizon: doctors believe that while Internet shopping is on the rise, it won’t make the problem worse. Shopping addicts need the buzz of the shopping centre to satisfy their wishes. That may explain why we never see pictures of celebrities logging onto Amazon or eBay.
Shopping is one of the most popular spare time activities. Magazines are full of pictures of celebrities leaving exclusive boutiques, with armfuls of bags bearing distinctive designer logos. Millions of us head off at the weekend to shopping malls near city centres. For the majority of shoppers, the biggest problems are finding somewhere to park or getting information from unhelpful shop assistants.

But for some, the love of shopping can lead to more serious problems. An estimated one in every five people is unable to keep their spending habits under control. Teenagers are twice as likely as adults to become compulsive shoppers.

Experts who specialize in peoples’ shopping habits view it as an addiction. However, they point out two important differences between shopaholism and other types of addictive behaviour. Firstly, it is not taken seriously by society, even though it can happen to anyone from any social background. Increasing numbers of men are seen going on uncontrollable shopping sprees, although, when asked, they refer to themselves as “collectors” rather than shopaholics. The second is that, unlike drugs, alcohol or gambling, shopping is socially acceptable and therefore easily available. We are constantly bombarded with advertisements persuading us to buy items we really don’t need.

Doctors in the United States have prescribed anti-depressants to shopaholics who cannot stop themselves spending, despite already having enormous debts. In the UK medical experts prefer to send such people to places where they are taught money management.

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