

STOP THE SPENDING CYCLE

Going overboard on one shopping trip, especially around the holidays, does not mean you have a shopping addiction. It's normal to overdo it once in a while. And, everyone buys things that aren't truly needed at times.

But, if you think you or a loved one might have a shopping addiction, there is help. Often times, a shopping addiction is the result of another health issue like depression. Talk with your doctor about your feelings and symptoms. Antidepressants or other medications may be helpful.

Or, you may wish to talk with a counselor about things that are bothering you. Sometimes, emotional burdens or troubles can make you look for happiness in things like shopping. If you are able to deal with those problems, you may not feel the need to shop as much.

There are also support groups for people with a variety of addictions. Debtors Anonymous can help people who have gone into debt from too much spending.

Don't be afraid to seek help. The sooner you can address the problem, the sooner you can get your life back on track.

