

# Confessions of a Shopaholic



The screen adaptation of the book by the same name was in theaters recently. If you didn't see it, it's about a young woman who is addicted to shopping for clothes, and who racked up thousands of dollars of credit card debt. Yes, the movie trailer was cute and kind of funny. But compulsive shopping and hoarding are serious – and sometimes deadly - problems for many people. Here is yet another tragic story about a person who lost her life because of her compulsive shopping:

<http://www.dailymail.co.uk/news/article-1109168/Shopaholic-spinster-dead-3ft-unopened-goods.html?ITO=1490>

According to Drs. David Frost, Gail Steketee, and Randy Frost, authors of *Buried in Treasures*, compulsive hoarding is thought to be present when a person meets all of the following three criteria:

1. You accumulate, and then have great difficulty discarding, objects that most other people would consider useless or of limited value.
2. The clutter is so severe that it prevents or seriously limits the use of living spaces in the manner for which those spaces were intended.
3. The clutter, acquiring, or difficulty discarding causes significant impairment or distress.

Cognitive Behavioral Therapy (CBT) can be helpful in overcoming compulsive hoarding. If you suffer from compulsive hoarding, and are ready to make some changes, you may benefit from working with a qualified therapist and a professional organizer who has been trained to work with hoarders.