



Compulsive Shopping Assessment

From time to time, each of us will feel addictive urges to spend money beyond our means, and sometimes we will even give in to them. But when you cannot control your ability to give in to those urges despite the fact that your habit or behavior is undermining your health, your relationships, your work, your finances, or your self-respect, you may be suffering from a compulsive shopping disorder.

Knowledge is power, and the best place to start gathering the knowledge you need is with a simple self-assessment like the one below.

Instructions: Answer each question “yes” or “no”. When you have answered all of the questions, enter your name and email address to receive your confidential Compulsive Shopping Assessment report.

	Yes	No
1. I have trouble saving money.	.	.
2. I “take off for the stores” when I’ve experienced a setback or a disappointment, or when I feel angry or scared.	.	.
3. My spending habits are emotionally disturbing to me and they are creating chaos in my life.	.	.
4. When I have a little extra available to save or invest, I tend to think of something I’d rather spend it on instead.	.	.
5. I buy things I want, whether or not I can afford them at the moment.	.	.
6. I buy things to cheer myself up or reward myself.	.	.
7. More than a third of my income, not including rent or mortgage payments, goes to pay bills.	.	.
8. I juggle bill paying because I always seem to be living on the edge financially.	.	.
9. I tend to keep buying more of my favorite things even if I don’t have a specific need for them.	.	.
10. I buy items with my credit cards that I wouldn’t buy if I had to pay cash.	.	.
11. When I shop, I feel a rush of euphoria mixed with feelings of anxiety.	.	.
12. Others are bothered by my spending habits.	.	.
13. I write checks when I know I don’t have enough money in the bank to cover them.		
14. I go shopping to feel better.		
15. I feel bad if I don’t go shopping.		
16. I try to hide items that I buy from others.		



17. I find myself lying to others about shopping or items I have bought.		
18. I feel like I have to spend money if I have any left over at the end of the month.		
19. When I return home after shopping, I often feel guilty, ashamed, embarrassed or confused.		
20. If I have to deny myself or put off buying something I really want, I feel intensely deprived, angry or upset.		
My Name Is:		
My Email Address Is:		

Look forward to your Compulsive Shopping Assessment report arriving in your inbox soon!

This confidential assessment tool is provided courtesy of the Southlake Center