the ARTICLE (for teachers)

Are You a Shopaholic?

The lives of some people are focused on shopping. They repeatedly make purchases regardless of need or cost. Some of these people buy things on impulse. Some of these people have closets with unopened purchases. Some of these people have accumulated huge amounts of credit card debt. If this sounds like you, then you may be a shopaholic.

A recent test revealed that 9% of people are shopaholics. Another similar test showed a slightly smaller percentage of 6%. This new data concludes an increase in the number of shopaholics from fifteen years ago. The data also concludes that men are just as prone to the shopping urge as women. The test consisted of six statements which people answered on a 7-point scale, from strongly agree to strongly disagree. Some statements included:

- Much of my life centers around buying things.
- I buy things I didn't plan to buy.
- Others might consider me a shopaholic.

Compulsive buying obviously leads to financial problems such as an empty bank account and maxed out credit cards. Yet these unneeded and unwanted purchases may be the sign of more serious problems, namely depression, anxiety, and low self-esteem. In addition, relationships and family harmony also deteriorate because of arguments over the purchases. Shopaholics may then hide the things they have bought, as well as the accompanying costs, and thus add to the strain. It's a problem that affects people of all income brackets.

Researchers suggest that shopaholics felt better when they were shopping, even when they realized the harm it caused.

Teacher's Notes:

* Underlined words in red typeface are the answers.

the Article (for students)

Fill in the blank with the correct word.

accumulated	sounds	brackets	regardless	deteriorate
anxiety	consider	maxed out	concludes	prone
disagree	impulse	harm	compulsive	accompanying

Are You a Shopaholic?

The lives of some people are focused on shopping. They repeatedly make purchases (a. _____) of need or cost. Some of these people buy things on (b. _____). Some of these people have closets with unopened purchases. Some of these people have (c. _____) huge amounts of credit card debt. If this (d. _____) like you, then you may be a shopaholic.

A recent test revealed that 9% of people are shopaholics. Another similar test showed a slightly smaller percentage of 6%. This new data (e. _____) an increase in the number of shopaholics from fifteen years ago. The data also concludes that men are just as (f. _____) to the shopping urge as women. The test consisted of six statements which people answered on a 7-point scale, from strongly agree to strongly (g. _____). Some statements included:

- Much of my life centers around buying things.
- I buy things I didn't plan to buy.
- Others might (h. _____) me a shopaholic.

(i. _____) buying obviously leads to financial problems such as an empty bank account and (j. _____) credit cards. Yet these unneeded and unwanted purchases may be the sign of more serious problems, namely depression, (k. _____), and low self-esteem. In addition, relationships and family harmony also (l. _____) because of arguments over the purchases. Shopaholics may then hide the things they have bought, as well as the (m. _____) costs, and thus add to the strain. It's a problem that affects people of all income (n. _____).

Researchers suggest that shopaholics felt better when they were shopping, even when they realized the (o. _____) it caused.

STEP ONE

Define: What does "shopaholic" mean? Can you use it in a sentence? Can you give examples?

STEP TWO

Word Search: Find the target words (in bold) with their exact match. How long did it take to find all the words?

brackets	compulsive	impulse	accumulated	anxiety
regardless	prone	deteriorate	maxed out	consider

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Y U G E X E Z C A A A S R A R
T S B P V G S X C V N D P E X
E S A S U I V L C T G J G R W
I E E C P F S C U C S A W G Q
X L F B P D O L M P R K N M W
N D M B V N B Y U D M B F X I
A R W F S W T R L P T I X J W
S A M I Q I O L A M M U A J M
D G D S E Z E R T C Y O J U A
D E C X K S J P E M K G C G X
R R N Y S V R Z D E E E P L E
D A L I E T A R O I R E T E D
D E T E R O R A T E T A L S O
P R O N E Q S T E K A R B H U
J V N W H P Z G V U C C W F T
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STEP THREE

Vocabulary Match: Match the words in column A (from the article) with the best choice in column B. Use a dictionary for any words you don't know, but be sure to check your English-English dictionary, too.

a.	regardless	q.	without plan
b.	impulse	r.	think
c.	accumulate	s.	group
d.	prone	t.	in spite of
e.	consider	u.	uncontrollable
f.	compulsive	v.	worry
g.	max out	w.	likely
h.	anxiety	x.	gather
i.	deteriorate	y.	worsen
j.	bracket	z.	to reach the limit

STEP FOUR

The Article: 1) Read the article, but don't worry about the missing words. 2) Fill in the blanks with today's vocabulary, followed by all the other words. 3) Read the article again, and circle any unknown words/phrases. In pairs/groups, use your dictionaries to understand the words or phrases your circled. 4) Answer the questions to check your comprehension.

a.	According to the article, shopaholics are people obsessed with shopping.	T / F
b.	Less people suffer from compulsive buying than in the past.	T / F
c.	According to the article, more women than man are shopaholics.	T / F
d.	Shopaholics may also suffer from anxiety and low self-esteem.	T / F
e.	Both rich people and poor people suffer from compulsive buying.	T / F

STEP FIVE

Discuss: Write down five vocabulary words from today's article that you want to use.

a.	
b.	
c.	
d.	
e.	

Now talk about the following questions in pairs/groups. Every time you use a vocabulary word, place a check next to it.

a.	What do you think happens after we die? Please explain.
b.	What are your shopping habits? Please explain.
c.	Do you agree that compulsive buying causes problems in the family and with relationships? Why/not?
d.	What solutions are there for people who are shopaholics? How can they be helped?

Score yourself:

10 or more times: Fantastic! Be sure to review the words at home.

6-9 times: Pretty good! You're on your way to acquiring today's vocabulary. Try writing your own sentences at home for additional practice.

5 or less times: Try harder next time! To acquire new vocabulary, you need to use the new words as much as possible.