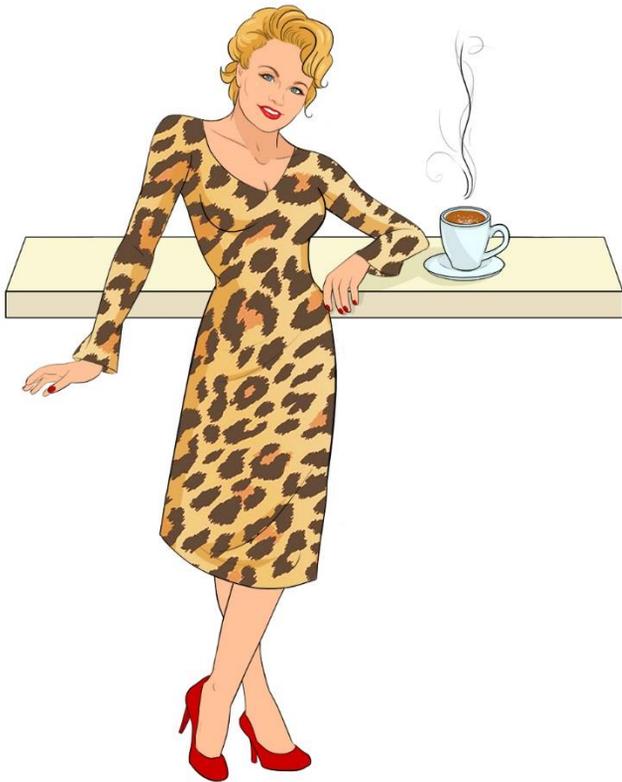


Are You Addicted to Shopping?



Hi, I'm Jill Chivers and thanks for signing up to receive this free assessment: Are You Addicted to Shopping?

I am really excited to share this free assessment with you. I have been in love with clothes and style for as long as I can remember, and I'm fascinated with the idea that we can be stylish without shopping all the time, or even very much.

I always thought that to be stylish you had to be shopping. How could you get style if you didn't buy it in the stores?

I now realise how wrong that thinking is, and how unhealthy the shopping behaviour that stems from that thinking is, too. It is possible to be very stylish without shopping. And if you have been an overshopper, it's possible to put shopping into its rightful place in your life.

And that's what I'd like to explore with you in this free assessment. But first I'll share just a little about what has brought me to this topic.

Are You Addicted to Shopping?



I was a compulsive shopper for years. And for much of that time, I didn't even realise it. I thought shopping was a harmless pastime or maybe a contact sport I had become very, very good at. Shopping was my favourite hobby.

I had more than enough clothing, but I was continuing to consume, and add more to a bursting-at-the-seams walk in wardrobe.

I had racks and racks of stuff I didn't need, and wasn't wearing. Why was I buying so much when I already *had* so much? I didn't know the answer to that question but I had to find one.

The path I chose to explore this question was to take ***a year off from clothes shopping***. I had to stop the constant intake of new items into my closet. I had to put some space and distance between me and all this buying, and buying, and buying.

That year changed my life. It changed how I think and feel about shopping, and it changed my shopping behaviour. It also led me to work in this intriguing and complex field of compulsive and unconscious shopping. And it's lead me to you.

Are You Addicted to Shopping?

One in 12 women are addicted to shopping – and even that may be a conservative number. Shopping can be a fun, enjoyable, social and healthy pastime – but increasingly it’s turned into a contact sport and full-time hobby for many.

Shopping is taking up too much of our time, our attention, and our money. We’re using shopping to make ourselves feel good or better about ourselves and our lives. We get through the day feeling *just okay*, or perhaps a little bit *blah*. And we use shopping as a shot in the arm – a jolt to lift our spirits, to give us a ‘buy high’.

The shopping that we are doing isn’t really working for many of us either. We feel compelled to buy things – we simply *have to have it* (whatever today’s “it” is). And when we bring our purchases home – they don’t work for us, we don’t like them, and the item hangs unworn, unwanted and untouched in our closet.

Something has got to change. To determine if shopping is taking up too much time and attention in your life, take this free assessment.



How to Use This Assessment

Read each of the 12 questions and choose the answer which best describes your feelings, thoughts and situation. Your first answer is often the best.

The Questions

- 1. I seem to have enough clothes but still have that “I have nothing to wear!” experience nearly every time I go to my wardrobe**
 - a) Yes – most days I feel this way: -20
 - b) Sometimes – I feel this about half the time I go to my closet: -5
 - c) No – I rarely if ever feel this way: +20

- 2. I bring home ‘mistake’ purchases that don’t really suit me (my body, my personality, and my lifestyle)**
 - a) Regularly – many if not most of my purchases end up mistakes: -20
 - b) Maybe half or a bit less of my purchases end up being mistakes: +5
 - c) I hardly ever bring home mistake purchases: +20

- 3. I have clothes hanging in my closet, tags still attached, unworn**
 - a) Many of my clothes are like this: -20
 - b) A good few but not all still have tags on them and are unworn: -5
 - c) Hardly any, maybe even none, have tags on them and are unworn: +20

- 4. I don’t have any firm numbers on what I spend on clothes, shoes, bags, accessories, etc**
 - a) That’s right – I don’t know: -20
 - b) I know what I spend: +20

- 5. I buy things that I suspect I can’t afford, but I gloss over it in my head, lay down the plastic and just hope “things will work out”**
 - a) Often: -20
 - b) I do this sometimes – maybe half the things I buy are like this: 0
 - c) Hardly ever: +20

- 6. I wear only 20 – 30% of my wardrobe**
 - a) Yes: -20
 - b) I wear closer to 50% of my wardrobe: +5
 - c) No – I wear much more than that: +15

The Questions

7. **I'd like to feel I can "shop in my wardrobe" but it isn't organised or set up that way now**
- a) Yes – it's a jumble sale in there now: -20
 - b) My closet is kinda organised: +5
 - c) No - my closet is well organised and I feel I "shop" in there already: +15
8. **I sometimes hide my purchases from my partner or gloss over how much things have cost**
- a) Yes – often: -20
 - b) Sometimes – I do this about half the time I buy things: +5
 - c) No – I always say how much I've spent and on what: +20
9. **Shopping significantly enhances my mood and give me a "high buy"**
- a) Yes – shopping really changes how I feel: -20
 - b) Sometimes – about half the time I shop I get a buy buzz: 0
 - c) No – shopping doesn't change my baseline mood: +20
10. **I shop to boost or change my mood, especially if I'm feeling low, lonely, anxious, unhappy or bored**
- a) Yes – I use shopping this way a lot: -20
 - b) Sometimes – about half the time I go shopping, it's to feel better: -5
 - c) No – I hardly ever use shopping as a mood booster: +15
11. **I shop every day or every week or shopping has become a significant part of my life (so much so that I can't imagine going without it for any length of time)**
- a) Yes: -20
 - b) No +20
12. **I suspect I shop to fill a need I don't quite understand**
- a) Yes – I need to know why shopping affects me the way it does: -20
 - b) Sometimes - I'm curious to learn more about my shopping habits : +5
 - c) No – I know shopping fills a healthy place in my life : +20

The Assessment – What your score means...

Tally up your score and see what your results indicate:

Less than zero: It's fair to say that you have a problem with shopping. Shopping is taking up too much time in your life and you are directing too much energy and money toward it. You could do with some quantum shifts in your relationship to shopping, yourself, your wardrobe and your wallet. Here's your prescription:

- Read 12 Secrets to Less Shopping, More Style – our free report, and pick 3 – 5 strategies you are going to start implementing today!
- Read our regular blog postings and the archives on our blog page.
- Seriously consider joining the 12 month My Year Without Clothes Shopping program and enrol others to join you so you can share the journey and support one another.

0 – 110: You have some issues around shopping worth investigating. Your relationship to shopping, your wallet and your wardrobe aint in ruins, but it could be much, much better. Try these antidotes:

- Read 12 Secrets to Less Shopping, More Style – our free report, and pick your favourite strategies to start implementing this week.
- Read our regular blog postings.
- Sign up for either the 12 month My Year Without Clothes Shopping program or the shorter Conscious Clothes Shopping 6 Week Mini Course.

110+: You have a healthy relationship to shopping, your wardrobe and your wallet. You are either addicted to free assessments or you're simply interested in conscious clothes shopping. This is for you:

- Read 12 Secrets to Less Shopping, More Style – our free report and enjoy!
- Read our regular blog postings and share your point of view.
- Sign up for our 6 Week Conscious Clothes Shopping Mini Course – you'll find it a stimulating short course that builds on these concepts.

About the author

I'm Jill Chivers and I understand what it's like to 'shop til you drop' and yet still feel it's never enough. I know how heavy that feeling is. And I'm here to tell you it is possible to lay that burden down, to stop the constant shopping, and to reclaim your life.

Your life is not to be found in the mall

You won't get to the end of your life (the ultimate scorecard, if ever there was one) and wish you'd spent more time shopping.

Life is about the experiences you have, the people that you love, and the contribution that you make. And none of those things have anything to do with or require shopping.

My goal and intention with everything I do in this space of conscious consumption is to encourage you to think about the shopping you do, and to *choose* it – not find yourself accumulating more and more stuff you don't want, don't even need, and won't fully use.

Through products and resources I've created, I help women who shop too much to stop, or at least cut down.



Where to from here

If you enjoyed this free assessment, inviting you to explore your relationship to shopping and ask *Are you addicted to shopping?*, then you may enjoy and get great value from one of our paid programs.

Both these programs provide a great opportunity to explore your shopping behaviour and attitudes in a supportive, stimulating and safe environment:

✦ **My Year Without Clothes Shopping program.** The [My Year Without Clothes Shopping program](#) has 12 themes over the 12 months, 52 in-depth weekly tutorials, and bonuses and benefits in our member's only area.

✦ **6 Week Conscious Clothes Shopping Mini Course.** The [6 Week Conscious Shopping Mini Course](#) delivers 14 emails over 6 weeks, organised around the 6 key principles of conscious clothes shopping.

Thank you again for signing up to receive this free assessment. I hope our paths cross again soon!

To your shopping health,

Jill Chivers