



Habits and Obsessions

Task: Shopping Addiction

Activity 1: Listening

Welcome to a practice listening task for the GESE 9.

You are going to hear a talk about **shopping addiction**. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me generally what the speaker is talking about. Are you ready?

Audio Script

There are many people that love to shop. However, to some it starts to get out of hand and becomes something they can't give up, an obsession if you will. This is known as shoppers addiction, where a person has trouble controlling the impulse that they have when shopping.

Essentially, that is the idea, but there are more layers to this sort of addiction. Firstly, there are some people who shop when they are feeling some sort of emotional distress and these people are known as compulsive shopaholics. Another type is those that really love the hunt and are always shopping for the perfect item. They are known as trophy shopaholics. Then there are also just shopaholics who enjoy being seen as a big spender and love to buy things that grab a lot of attention. Furthermore, bargain seekers must not be forgotten. These are people who purchase items they don't need but they buy them anyway just because they are on sale. On top of that, there are other shoppers that are called bulimic shoppers. These types of shoppers are caught in a vicious cycle, where they buy things and return them. Lastly, another kind of shopper that also is inclined to obsessive shopping behaviour are collectors that need to buy an item in every colour or every piece of a set in order for the shopper to feel complete.

So, shopaholics really should reach out for help because if they don't, they could suffer certain problems. For instance, somebody that buys too much, they could find that they spend more money than they should and find themselves in the midst of economical problems. Also, little do people know that this can also lead to hurting relationships by overspending. So, people should be made aware that many shopaholics use shopping as a crutch for their emotions, as was mentioned before, but also to make them feel better because many shopaholics have low self esteem.

Many people can't stand not controlling their shopping habits and often need to seek outside help. Once people start to tackle what really was their problem in the first place, they can start building up their self esteem and working on their emotions. The problem is that people usually don't reach out for help until they are deep in the problem. That is to say, if only people would be more self-aware about conditions such as these, it would either be emotionally or economically better for those people.



Can you tell me in one or two sentences what the speaker was talking about?

Now listen to the talk again. This time make some notes as you listen, if you want to. Then I'll ask you to tell me about the different types of shopping addictions and the problems of addiction.

Now tell me about the different types of shopping addictions and the problems of addiction. You have one minute to talk.

This is the end of the listening task.

Answers:

Different types of shopping addictions	<ul style="list-style-type: none">● compulsive shopaholics:● trophy shopaholics:● just shopaholics: big spenders, love attention● bargain seekers: purchase items they don't need● bulimic shoppers: vicious cycle of buying and returning● collectors: don't feel complete without buying each color or every piece in a set
Problems of being addicted to shopping	<ul style="list-style-type: none">● economical problems● hurting relationships by overspending● cover for anger or depression● low self esteem

Marks: +_ / +10