AN ACCOUNT OF AN ADICTION

by Eleonora Konopka, 4H

As soon as I got my first paycheck I went on a shopping spree and squandered all my money. Before I knew it, I got bitten by the bug and I was hooked on shopping. It wasn't long before my addiction had taken it's toll. I would often take it to extremes and spend a fortune on things I didn't even need. Since then my problem had only enhanced and I had run up a debt of £10 000. I was too ashamed to tell anyone about it, but I knew it would always be an underlying problem. At one point I decided to tell my family that I had become a shopaholic and needed professional help. I was overwhelmed by how supportive they were. I knew that facing my addiction was inevitable and they really helped me kickthe habit.