

Compulsive Buying Worksheets

1. Identifying Triggers

Reflect on and write down the situations, thoughts, or emotions that trigger your urge to buy compulsively.

- *Example: Feeling stressed or bored often triggers my urge to shop online.*

2. Tracking Spending

Keep a daily log of your purchases, noting what you bought, why you bought it, and how you felt before and after the purchase.

Date	Item Bought	Reason for Buying	Feeling Before Buying	Feeling After Buying

3. Understanding Consequences

Write down the immediate and long-term consequences of your compulsive buying behavior.

- *Example: Immediately, I feel a rush of excitement, but long-term, I experience financial strain and guilt.*

4. Developing Healthy Coping Strategies

List healthy coping strategies you can use when you feel the urge to buy compulsively.

- *Example: When I feel the urge to shop, I will go for a walk, call a friend, or practice a hobby like reading or painting.*

5. Setting Goals

Write down achievable goals to help reduce your compulsive buying behavior.

- *Example: I will limit my shopping trips to once a week and create a budget to track my expenses.*

6. Creating a Budget

Create a monthly budget to manage your spending. List your income, essential expenses, and a limit for discretionary spending.
