

Script n° 1

Durée audio : 1'24

### **Compulsive buying in America**

*Intervenant* : « They will rush to a store and buy something, usually something that they don't need, usually something that they have lots of already but causes them financial ruin. »

*Journaliste* : « Shopping : everyone does it. The researchers estimate 6% of Americans are shopping addicts. And with 24 hour access on TV and the internet, it's easy to get a fix. »

*Intervenant* « They do so for... not to ease feelings, very much like a person who eats comfort food to feel better. »

*Journaliste* : « Now psychologists would say the person who shops too much has a compulsive buying disorder ; you and I would say they're shoppaholics. But whatever the case there are ways to stop all that shopping. First find a new activity to replace shopping.»

*Intervenant* : « Jogging, exercising, listening to music, watching favourite TV programmes often would be at least neutral and therefore not be problematic. »

*Journaliste* : « Next examine your feelings : if you're shopping to feel better, that's bad. And finally make a top : when you need to go to the store carry only enough cash to buy what you went in for and leave that plastic at home. It can be hard to know why you have a problem but if you think about why you're always shopping and how you can change, then you can feel a lot better. »

*Proposition de sujet audio n°1 faite par M. Yvan Baptiste du lycée Jean Lurçat de Perpignan*