Mishel Elana Mykh

"I always say shopping is cheaper than a psychiatrist"

Tammy Faye Bakker

Essay

Most people are guilty of emotional spending at one time or another. They take part in retail therapy while they are sad, angry or happy. On the other hand, they waste money on a psychiatrist and share their emotions with him. Thus, a hot question arises: what is the best way to overcome the depression?

To begin with, for some people, this idea of shopping therapy can be highly problematic. Frankly speaking, in order to understand the psychology behind nervous spending, we must touch on the idea of defense mechanism based on our painful thoughts or ideas that are too difficult for the conscious mind to cope with. As the result, we start borrowing and wasting huge sums of money in order to pay for the things we don't need at all and it helps us. There are some people who are accustomed to saving every penny, but when they feel depression or lose interest to life. Shopping also helps them. They can buy a cheap key-pendent and feel happy after that. All in all, shopping causes us pleasure, we are happy at the moment and forget our problems in the blue life.

However, as critics are quick to point out, visiting a psychiatrist helps people to understand their needs, to see their aims and to help them to find the way out of a difficult situation. He organizes the comfort zone for them where they relax. But for this relaxation on the sofa in the study of a psychiatrist they automatically charge a high price for this enjoyment.

In conclusion, it seems important to add: enjoy your shopping moments and this pleasant work can decrease stress and anxiety and gives an opportunity to enjoy new purchases.