

Data: / /2017

Professor: Caroline

Disciplina: Inglês

Nome:

nº:

Série: 2ª

3º bim

## TRABALHO DE RECUPERAÇÃO

### Shopping Addiction

#### Are you a compulsive shopper?

Are your credit cards maxed out? Is it impossible for you to go to a store without buying something? Are your closets full of things you don't even use? Do you get a "high" when you buy new things only to feel depressed later because you've dug yourself into a deeper financial hole?

Shopping can truly be an addiction for some people. Shopping addicts exhibit the same sorts of behaviors as other addicts. They have a lack of control over their impulses. They get a thrill when they purchase new things but feel remorse later when they realize what they've done.

Some compulsive shoppers exhibit a lack of control in other areas of their life as well. They may even have other addictions such as alcoholism or eating disorders. A person with addictive behavior patterns should seek professional counseling.

#### How can you control your spending?

**Make a shopping list and stick to it!** Write down what you need to buy and don't buy anything that's not on the list. This will force you to buy what you need and avoid impulse purchases.

**Use cash, checks or debit cards instead of credit cards.** With cash, checks and debit cards, you are spending money that you have saved. With credit cards, however, you are spending money that you don't have. Hide your credit cards or cut them up. Don't take them with you when you go shopping.

**Shop at individual stores instead of going to the mall.** When you go to the mall, you will be tempted to go in other stores and buy things that you don't need. If the store that you need to visit is at the mall, park your car at the door that is closest to the store that you need to visit and don't go in any other stores.

**Don't window shop, look through catalogs, or watch home shopping channels.** These lead to impulse purchases. When you browse, you will inevitably find something you want to buy (but probably don't need).

**If your shopping is beyond your control, seek professional help.** Many people have some problems restraining themselves when they go shopping but if it reaches addiction level, you need help. Contact a counselor or join a support group.

#### Questions

Guess the meanings of these expressions based on their context.

1. "Are your credit cards **maxed out**?"

- a. You have many credit cards.
- b. You don't use your credit cards.
- c. Charged up to the maximum balance.

2. "Do you get a **"high"** when you buy new things only to feel depressed later because you've dug yourself into a deeper financial hole?"

- a. Very excited feeling
- b. Very sad feeling
- c. Frustrated feeling

3. "Make a shopping list and **stick to it!**"

- a. Buy extra things.
- b. Only buy things from the list
- c. Buy sticky glue.

4. "Don't **window shop**, look through catalogs, or watch home shopping channels."

- a. Look at items in store windows.
- b. Look for and purchase windows for your home.
- c. Shop for a new wallet.

### Instructions

According to the article, which of the following things can people who are compulsive shoppers do to try to control their addiction? (Select three)

- a. Use cash or checks instead of credit cards.
- b. Never go shopping again.
- c. Limit their purchases to items on their shopping list.
- d. Get counseling.
- e. Open a savings account in a local bank.

Choose the best option:

1. \_\_\_\_\_ you can see, the boys helped us a lot.

- a) So
- b) But
- c) However
- d) Although
- e) As

2. \_\_\_\_\_ it was snowing, they decided to walk in the park.

- a) So
- b) But
- c) However
- d) Although
- e) As

3. Lucy \_\_\_\_\_, but we know she doesn't have money for a diamond necklace.

- a) splurged
- b) consumerism
- c) shop
- d) consumer
- e) yet

4. \_\_\_\_\_ a new car isn't always the best idea.

- a) Shopping addicts
- b) Purchasing
- c) Consumers
- d) Shoppers
- e) Addiction

5. A(n) \_\_\_\_\_ is someone who can't control their own actions.

- a) consumer
- b) shopper
- c) splurges
- d) addict
- e) almost

Complete the sentences with the words from the box. One of them WILL NOT be used: (0,3 each – 1,5 total)

Advertised  
But

Like  
Bought

Mall  
Purchases

Nevertheless

6. Mel always \_\_\_\_\_ the best clothing with the best discount.
7. Ford has just \_\_\_\_\_ a campaign to show the new car.
8. We're teachers, \_\_\_\_\_ our parents.
9. We're teachers, \_\_\_\_\_ our parents aren't.
10. Shopping addiction shares several characteristics with other addictions. \_\_\_\_\_, it is still a controversial idea.

Change the sentences to the Passive Voice: (0,5 each- 5 total)

1. Environmentalists planted thousands of trees.  
\_\_\_\_\_.
2. The plumber will repair the pipes.  
\_\_\_\_\_.
3. People are cutting trees to make paper.  
\_\_\_\_\_.
4. People produce chocolate with cocoa.  
\_\_\_\_\_.
5. Explores destroy the Amazon forest every day.  
\_\_\_\_\_.
6. Jason made delicious cakes yesterday.  
\_\_\_\_\_.
7. My parents have used this TV set for a long time.  
\_\_\_\_\_.
8. The TV network was broadcasting the Emmy Awards yesterday at 11 p.m.  
\_\_\_\_\_.
9. The maintenance man is going to fix the fridge.  
\_\_\_\_\_.
10. People recycle aluminum cans daily.  
\_\_\_\_\_.