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## CARE's WorkLife Solutions

Toll Free 866.888.1555

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# Compulsive Debt

Record debt strangles many families, and the problems it causes — family arguments, anxious feelings, even family break-up — is keeping many adults (and children) from being at their best.

Some people find themselves in debt after a significant life event such as job loss or a bread-winner's disabling injury. Others create debt for themselves by spending beyond their means. Still others cannot control their spending without therapy from a behavioral healthcare professional. These people are sometimes called "compulsive spenders" as their compulsion to spend and acquire is as great as that of a compulsive gambler's need to gamble.

Help can only follow if there is first understanding. A key to understanding whether compulsive debt is a problem for you or someone close to you lies in truthfully and honestly answering the questions that follow.

### Compulsive Debt Self-Test

(Circle Yes if the statement is true; No if it is false.)

- |     |    |   |
|-----|----|---|
| Yes | No | Do you find yourself borrowing money to meet basic expenses month after month?  |
| Yes | No | Does being in debt cause conflicts in your family?  |
| Yes | No | Have you charged your credit cards up to the maximum limit?   |
| Yes | No | Do you open new credit card accounts when you reach the limit on existing accounts?                                       |
| Yes | No | Do you often write checks for amounts greater than your account balance and expect to make a deposit to cover them later? |
| Yes | No | Do you avoid balancing your checkbook for weeks at a time or longer?  |

If you answered Yes to just one question from above, you may have trouble managing debt. For assistance, contact CARE's WorkLife Solutions at 866.888.1555 and speak to a trained clinician.