

Are You a Compulsive Debtor?

A compulsive debtor is someone who cannot manage their debt or keep their expenses under control.

Do You Have a Problem with Debt?

Here's a brief survey to ask yourself or to review with someone who may need help. Check any behaviors that apply to your situation:

- Are your debts making your home life unhappy?
- Does the pressure of your debts distract you from your daily work?
- Are your debts affecting your reputation?
- Do your debts cause you to think less of yourself?
- Have you ever given false information in order to obtain credit?
- Have you ever made unrealistic promises to your creditors?
- Does the pressure of your debts make you careless of the welfare of your family?
- Do you ever fear that your employer, family or friends will learn the extent of your total indebtedness?
- When faced with a difficult financial situation, does the prospect of borrowing give you an inordinate feeling of relief?
- Does the pressure of your debts cause you to have difficulty sleeping?
- Has the pressure of your debts ever caused you to consider getting drunk?
- Have you ever borrowed money without giving adequate consideration to the rate of interest you are required to pay?



- Do you usually expect a negative response when you are subject to a credit investigation?
- Have you ever developed a strict regimen for paying off your debts, only to break it under pressure?
- Do you justify your debts by telling yourself that you are superior to "other" people, and when you get your "break" you'll be out of debt overnight?

How did you score? If you answered yes to eight or more of these questions, the chances are that you have a problem with compulsive debt – or are possibly on your way to having one.

Beyond the self-help materials available here, there may be local resources in your area that can help you get control of your spending behavior. You may consider a program such as Debtors Anonymous or another nonprofit consumer credit counseling service. Talking with a psychologist or social worker also might help you find solutions for better self-control.

Like any other compulsive behavior, spending beyond your means can cause serious problems for you, your family, your friends, and your future.