



How to Overcome “Oniomania” — Compulsive Spending Disorder

无节制“买买买”也是一种病，如何克服“购物成瘾”

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587 Words

The term “**oniomania**,” which is used to describe people with **obsessive**, problematic shopping and spending behaviors, consists of the Greek words “onios,” meaning “for sale,” and “**mania**.” Also known as **Compulsive** Buying Disorder (CBD) and **Impulsive** Compulsive Buying Disorder (ICBD), oniomania can leave a **devastating** impact on your financial health and mental wellbeing if left untreated.

“oniomania”（购物狂）一词用来形容那些有强迫性的、有问题的购物和消费行为的人，它由希腊语“onios”（出售）和“mania”（狂躁）组成。购物狂也被称为强迫性购物障碍（CBD）和冲动强迫性购物障碍（ICBD），如果不及及时治疗，它会对你的财务健康和心理健康造成毁灭性的影响。

At this point you might be wondering, what’s the difference between an “oniomaniac” and someone who likes to shop perhaps a bit too much? We’re **inclined to** believe that the two are rather similar. **Clinically**, however, they are quite easy to **separate**. Whereas most people who like to shop are concerned with their purchases, compulsive buyers obsess over the act of purchasing itself, as is shown when they acquire something that’s unnecessary or **insignificant**.

在这一点上，你可能会想，购物狂和喜欢购物的人之间有什么区别？我们倾向于认为二者很相似。然而在临床上他们很容易区分。大多数喜欢购物的人关心的是他们所购买的东西，而强迫性购物者则痴迷于购买行为本身，会买一些不必要或无关紧要的东西。

Whereas people who like shopping will return an item if they do not like it and start **budgeting** if they **run low on**

oniomania [əʊniəˈmeɪniə] *n.* 购物癖，购买狂

obsessive [əbˈsesɪv] *adj.* 着迷的，迷恋的 | She is obsessive about her appearance. 她过分关注自己的外貌。

mania [ˈmeɪniə] *n.* 狂热，癖好；狂躁症

compulsive [kəmˈpʌlsɪv] *adj.* 强迫性的，难控制的；吸引人的，有趣的 | Compulsive overspending in these days of credit cards has become more common. 在这个信用卡时代，强迫性过度消费已变得更为常见了。

impulsive [ɪmˈpʌlsɪv] *adj.* 冲动的，鲁莽的 | He has an impulsive nature. 他生性冲动。

devastating [ˈdevəsteɪtɪŋ] *adj.* 毁灭性的，破坏力极强的；令人震惊的 | Acid rain has a devastating effect on the forest. 酸雨对森林的破坏力极大。

inclined to 有做某事的意向，倾向于做某事 | I’m inclined to agree with you. 我倾向于同意你的观点。

clinically [ˈklɪnɪkli] *adv.* 临床地

separate [ˈseɪpəreɪt] *v.* 区分，区别；分开，分离 [ˈseprət] *adj.* 独立

money, people suffering from oniomania are no longer able to make rational, let alone financially responsible, decisions. They sometimes emotionally **dissociate** from what they are doing, making their purchases while they are in a kind of **trance**. Spending **relieves** feelings of anxiety and depression, but only **temporarily**. In a short time, they might become **moody**, **irritated**, and **gloomy**, and their confidence **plummets**.

喜欢购物的人如果不喜欢买到的东西就会退货，如果钱不够用就会精打细算，而购物狂则无法做出理性的决定，更不用说对财务负责了。他们有时会在情感上脱离当下正在做的事情，在一种恍惚的状态下购物。消费可以缓解他们的焦虑和抑郁，但只是暂时的。在短时间内，他们可能会变得喜怒无常、恼怒、沮丧，信心直线下降。

To a certain extent, spending makes everyone feel good. In 2007, a group of researchers from MIT, Stanford and Carnegie Mellon looked at the brains of American consumers via **fMRI** technology and found that when they purchased **desirable** objects, their nucleus accumbens — the brain's pleasure center — would light up, **indicating** a positive stimulation. This stimulation can take on different forms. For instance, some people get particularly excited when they believe they have gotten a good deal. This, researchers say, is the result of the prefrontal cortex — the decision-making part of our brain — interacting with the insula, the part of our brain that processes pain.

在某种程度上，购物能让每个人都感到快乐。2007年，来自麻省理工学院、斯坦福大学和卡内基梅隆大学的一组研究人员通过功能性核磁共振成像技术观察了美国消费者的大脑，发现当他们购买了想要的商品时，他们的伏隔核（大脑的快乐中心）会亮起来，表明大脑受到了积极的刺激。这种刺激可以有不同的形式。例如，有些人觉得自己买到了物美价廉的好东西就会特别兴奋。研究人员说，这是前额叶皮层（大脑中负责决策的部分）与脑岛（大脑中处理疼痛的部分）相互作用的结果。

Amanda Giordano, an associate professor of counseling at

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的，分开的；不同的 | It is difficult to separate legend from truth. 很难将传说和事实区别开来。

whereas [ˌwerˈæz] *conj.* (表示对比)但是，然而 | The old system was fairly complicated whereas the new system is really very simple. 旧系统相当复杂，而新系统却很简单。

insignificant [ˌɪnsɪɡˈnɪfɪkənt] *adj.* 微不足道的，无足轻重的 | insignificant people 小人物

budget [ˈbʌdʒɪt] *v.* 谨慎花钱，制定预算 *n.* 预算 | If we budget carefully we'll be able to afford the trip. 我们精打细算一点，就能够负担这次旅行。

run low on 不足，不多，所剩无几 | We are running low on drinking water. 我们的饮用水不多了。

dissociate [drɪˈsoʊʃieɪt] *v.* 分开，分离；表明与……无关系

trance [træns] *n.* 恍惚，出神；昏睡状态，催眠状态 | What's the matter with you? You've been in a trance all day. 你怎么啦？一整天都恍恍惚惚的。

relieve [rɪˈliːv] *v.* 减轻，缓和 | Drugs can relieve much of the pain. 药物能够大大地缓解病痛。

temporarily [ˌtempəˈrerəli] *adv.* 暂时地 | We regret this service is temporarily unavailable. 我们很抱歉暂时不能提供这一服务。

moody [ˈmuːdi] *adj.* 喜怒无常的；情绪不好的，郁郁寡欢的 | Moody

the University of Georgia who specializes in addiction, **sums up** the signs of shopping addiction like this: “If someone loses control over their shopping behaviors (e.g., they shop more frequently, for longer durations of time, and spend more money than intended), engages in shopping compulsively (in response to an urge rather than a planned, intentional act), continues shopping patterns despite negative consequences (financial issues, relational conflict, poor sleep patterns, shame, etc.), and **craves** shopping or is mentally **preoccupied** with shopping when not engaging, it should alert us to the fact that this person may have a shopping addiction.”

乔治亚大学专门研究成瘾行为的心理咨询副教授阿曼达·佐丹奴这样总结了购物成瘾的迹象：“如果某个人无法控制自己的购物行为（例如购物更频繁，持续时间更长，花的钱比预期的要多），强迫性购物（冲动之下购物，而不是计划好的、有意的行为），持续购物而不顾负面后果（财务问题、关系冲突、睡眠不好、羞耻等），渴望购物，或者在不购物的时候满脑子想着购物，这些迹象提醒我们，这个人可能患有购物成瘾。”

Some compulsive spenders try to stop purchasing things altogether, but this usually doesn't end well. “Rather than **abstaining** from all shopping, which is unrealistic,” Giordano says, “individuals should choose to abstain from the compulsive, out-of-control behaviors.” Compulsive spenders could, for instance, try to avoid using their credit cards so they don't spend more than they can afford.

一些强迫性购物者试图彻底不买东西，但这通常不会有好结果。佐丹奴说：“人们不应该完全放弃购物，这是不现实的，而应该选择放弃那些强迫性的、失控的行为。”例如，强迫性购物者可以尽量避免使用信用卡，这样他们的开销就不会超出自己的承受能力。

According to psychotherapist Joyce Marter, compulsive buyers in the U.S. make an average of 156 impulsive purchases per year. Each purchase **sets** them **back** around \$81.75, making for a grand total of \$5,400 per year and a **downright** shocking

people are very difficult to deal with.
喜怒无常的人很难打交道。

irritated ['ɪrɪteɪd] *adj.* 恼怒的，生气的 | She was getting more and more irritated at his comments. 她对她的评论越来越感到恼火。

gloomy ['gluːmi] *adj.* 忧郁的，沮丧的；阴暗的 | The report paints a gloomy picture of the economy. 这篇报告描绘了一幅惨淡的经济现状。

plummet ['plʌmɪt] *v.* 骤然下降，暴跌 | Share prices plummeted to an all-time low. 股票价格暴跌到历史最低点。

fMRI 功能性核磁共振成像 (functional magnetic resonance imaging)

desirable [dɪ'zaɪərəbl] *adj.* 令人向往的；可取的 | The house has many desirable features. 这栋房子有许多吸引人的特点。

indicate ['ɪndɪkeɪt] *v.* 表明；象征，暗示 | Research indicates that eating habits are changing fast. 研究显示，饮食习惯正迅速改变。

sum up 总结，概括 | In your final paragraph, sum up your argument. 在最后一段，总结一下你的论点。

crave [kreɪv] *v.* 渴望 | He'd craved the attention of the older kids. 他渴望得到大一些的孩子的注意。

preoccupied [pri'ɑːkjupaɪd] *adj.* 全神贯注的，入神的 | He's completely preoccupied with all the wedding preparations at the moment.

\$324,000 per lifetime. That money could have been invested in a home, an education, or other products that you actually need in order to survive and thrive in the world. Ultimately, though, treating oniomania is about much more than just protecting your finances from your own impulses — it's also about maintaining your personal mental health and improving your relationships with others.

根据心理治疗师乔伊斯·马特的说法，在美国，强迫性购物者平均每年冲动购物 156 次。每次购物大约要花费 81.75 美元，每年总共要花费 5400 美元，一生总共要花费 32.4 万美元之多。这笔钱本可以用于投资住房、教育或其他你在这个世界上生存和发展真正需要的东西。不过，从根本上说，治疗购物成瘾不仅仅能防止你冲动之下浪费钱财，还能维护你的个人心理健康，改善你与他人的关系。

他此刻心无旁骛地筹备婚礼。

abstain [əb'steɪn] v. 戒，戒除；弃权 | Pilots must abstain from alcohol for 24 hours before flying. 飞行员在飞行前的 24 小时里必须禁酒。

set sb. back 使花费，使破费；阻碍（某人完成某事），拖……后腿 | This jacket set me back over £1,000. 这件夹克花掉了我 1,000 多英镑。

downright ['daʊnraɪt] adv. 十足地，完全地 | It's downright disgusting! 简直太恶心了！

➤ 脉络梳理

- Para. 1 介绍购物狂的概念和危害
- Para. 2-3 分析购物狂和喜欢购物的人的区别
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➤ 长难句拆解

让步状语从句 定语从句，修饰 most people
Whereas most people who like to shop are concerned with their purchases,

主句
compulsive buyers obsess over the act of purchasing itself,

比较状语从句 时间状语从句（其中 that's ... insignificant 为定语从句，修饰 something）
as is shown when they acquire something that's unnecessary or insignificant.