*Figure 3.* Client case formulation

**Result of childhood**

**How I see me**

*Defective, incompetent and dependent*

**Buying thinking**

*Buying makes me feel better about me*

**Impulsive/Compulsive**

*If I like it, I have to have it*

**Triggers**

**Internal state**

*Depressed, anxious, low self-esteem*

*and self-critical*

**External cues**

*Shopping itself,*

*interactions with friends and sister*

**When I am shopping**

**Attention**

*Bit out of it, over absorbed in buying*

**Behaviour**

*Rushing around, disorganised*

**Emotions**

*Feel equal to my sister, buzzing, admired*

**Consequences**

**Thinking**

*Awareness of breakdown in my self-regulation*

**Feeling**

*Guilt, shame, regret, despair*

**What I do**

*Hiding purchases, Ignoring purchases*