

TEN QUESTIONS

- 1. Do you frequently experience remorse, depression or guilt about your shoplifting or stealing activity?**
- 2. Do you feel your shoplifting or stealing activity is getting out of control? Have you repeatedly tried to stop or reduce certain shoplifting or stealing behaviors, but inevitably you could not?**
- 3. Do you use shoplifting or stealing to escape from uncomfortable feelings such as anxiety, fear, anger, resentment and guilt, which seem to disappear when the shoplifting or stealing obsession starts?**
- 4. Do you spend excessive time obsessing about shoplifting or stealing or engaged in this activity?**
- 5. Have you neglected your family, friends, spouse or relationship because of the time you spend in shoplifting or stealing activity?**
- 6. Do your shoplifting or stealing pursuits interfere with your work or professional development?**
- 7. Is your shoplifting or stealing life secretive, a source of shame, and not in keeping with your values? Do you lie to others to cover up your shoplifting or stealing activity?**
- 8. Have you ever been arrested or placed yourself in legal jeopardy for your shoplifting or stealing activity?**
- 9. Have people you trust expressed concern about your shoplifting or stealing activity?**
- 10. Does life seem meaningless and hopeless without shoplifting or stealing?**