The 5 Most Common ADHD Shopping Mistakes

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How to Avoid Making These 5 ADHD Shopping Mistakes

Everyone with ADHD has to shop. And we all make mistakes. So, of course, we make mistakes while shopping. You know what I'm talking about.

You're at the store, either alone or with your friends. Then you see something you like and decide to buy it. That may not seem like a mistake, but if your original intent was only to buy groceries and you walk out of the store pushing a cart full of clothes.

Get ready, because after reading this article you are going to be the perfect example of a smart shopper. First I'll point out each shopping mistake and then provide a solution to it.

1. Impulse Purchases

Yes, this is first for a reason. In case you didn't notice, I addressed this problem at the start of this article. Impulse purchases can and will put you in debt if they get out of control.

Sometimes you buy things without considering the possible consequences. Does that sound like something you do a lot? You may want to check your credit card statement before answering yes or no.

The impulsive nature of ADHD is extremely evident on many a credit card statement.

An easy way to prevent making impulse purchases is to shop with someone who shares your financial burden. This way that can person can stop you from doing something you'll regret later.

However, not everyone has a financially responsible person they can shop with. So the next best thing you can do is go shopping with a list. The catch is you can only buy what's on the list, no more no less.

Remember, the pain of discipline weighs ounces. Meanwhile the pain of regret – and impulse purchases – weighs tons.

2. Shopping When You Aren't Feeling Your Best

Feeling hungry, tired, bored, or angry will makes you more likely to do something you wouldn't usually do. We all know that. The same applies when you're shopping.

Moral of the story: Don't go shopping if you aren't feeling your best.

3. Shopping With Plastic

While shopping with plastic is a great way to receive rewards like cash back and frequent flyer miles, it's also an easy way to spend money you don't have.

I highly recommend you shop with cash. Making a list as I suggested earlier will make it easy for you to shop with cash.

Here's your ideal shopping scenario:

1. Make a list of what you want to buy.
2. Get the cash you need.
3. Shop.
4. Success!

Again, I realize shopping with plastic is a great way to earn cash back rewards and other perks. However, if you have a history of spending too much money with your plastic, you should try shopping with cash only.

4. Forgetting to Check the Price Tag

I won't lie, awhile ago I accidentally bought a pair of $100 pants while in a store.

Imagine this: you are at the store's checkout counter, and the cashier starts ringing up all your items. Suddenly you see a big number on that little screen that tells you how much you owe.

That's when you realize you didn't even check the price tag on those pants. You may have tried the pants on and looked in the mirror. But you never thought to check the price.

Now you have a problem. On the one hand, you want to put the pants back on the shelf. On the other hand, you don't want to embarrass yourself. Or you seriously want those pants.

Either way, today is going to be a bad day no matter what you do at this point.

Situations like this don't just happen in stores. They also happen at car dealerships, restaurants, and online stores.

One way I learned how to solve this problem while shopping in stores was to remind myself that the store's staff are there to help me. I always ask the people from the store to help me compare prices and find the best deals.

Also, when it comes to online shopping, be patient. There is always a better deal out there, and you just have to find it. Research pays off.

5. Spending Too Much Time Shopping

You make it to the cash register, only to realize you forgot to buy something and have to backtrack. Or maybe you spend five minutes looking for something until you get someone at the store to show you where it is.

I don't know about you, but this used to always happen to me when I visited the store.

There are a few ways you can avoid spending too much time shopping.

One of the best things you can do with ADHD is make a routine for yourself. Part of this routine will involve shopping at the same stores for all your needs. The more familiar you get with a store, the faster you can find what you want.

When it comes to being unable to find what you're looking for, ask someone who works at the store for help if you can't find it right away. You might as well, that's their job after all.