

10 Most Common Spending Triggers and How to Beat Them

Are you aware of the most common spending triggers? You should be, if getting on top of your financial situation is important to you.

Spending money can be fun. So much fun that sometimes you might attach emotions like happiness to shopping. But it also has consequences.

We all make purchases that we regret sometimes. In fact, if you look around your home, you will probably find many things that you could have done without.

Spending money is not necessarily bad, but it is essential to control how and when you spend. You can do this by identifying your spending triggers and discovering how to move past them.

What are Spending Triggers?

Spending triggers can be many things. They are emotions or circumstances you find yourself in that cause you to want to spend money.

This happens when you let the spending trigger control your actions. While this can seem negative, the reality is many people have spending triggers, but you can overcome them.

When Might You Encounter a Spending Trigger?

This depends a lot on you. Everyone's money temptations are unique. You may feel emotionally vulnerable before spending.

These feelings may cause you to either run away and avoid through spending or pursue a sense of happiness through spending.

What Causes Emotional Spending?

Many things may make you want to spend money based on emotion. Emotional spending can be a way to deal with stress, nostalgia, or insecurities. I'll talk about some specific ones here.

Emotional Spending Psychology

Overall, emotional spending is usually because you feel a negative emotion or try to preserve a positive one. Emotions can play a big part in spending.

To escape negative feelings, you may spend money on something impulsively. It's also possible that by buying items, you are chasing a positive feeling.

Either way, spending emotionally is an unhealthy habit. It puts your feelings in control of your wallet, which is never good.

While feelings are not bad, it is better to have self-control and allow that to be the

