



The Shulman Center August 2021 Monthly e-Newsletter

*Celebrating The 19th Year of Our e-Newsletter!
Thanks to our 3,000 subscribers for your continued interest & support!*

HAPPY AUGUST!

THE DOG DAYS OF SUMMER ARE UPON US!

HAPPY 19th ANNIVERSARY TO MY WIFE & CREATIVE DIRECTOR TINA SHULMAN (AUGUST 8th)

Watch & listen to Mr. Shulman's 90-minute podcast interview on shopping addiction and more!

See: <https://www.youtube.com/watch?v=gDau-8w4LxY>

Watch and listen to Mr. Shulman's 20-minute live Zoom "Real Men" storytelling from June 18th which was just uploaded to YouTube:

See: <https://www.youtube.com/watch?v=tT2VGCEsDj8>

Watch & listen to Mr. Shulman's new hour-long podcast interview on shopping addiction and more!

See: <https://www.youtube.com/watch?v=qO6CZca9xy4>

*Life isn't about finding yourself. Life is about creating yourself.
-George Bernard Shaw*

New TV series on "theft addiction" which had been put on hold may be picked up in this year!
Stay tuned!

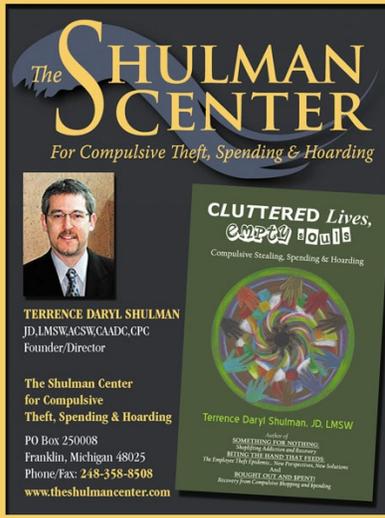
Please Note Our Updated Website at:
www.theshulmancenter.com



Tina Shulman.

TERRENCE DARYL SHULMAN
 JD, LMSW, ACSW, CAADG, CPC
 Attorney, Therapist, Consultant, Author & Coach
 FOUNDER/DIRECTOR OF
 The Shulman Center for Compulsive Theft, Spending & Hoarding

Serving People Since 1992
 P.O. Box 250008
 Franklin, Michigan 48025
 Phone / Fax: (248) 358-8508
 terrenceshulman@theshulmancenter.com
 www.theshulmancenter.com

The SHULMAN CENTER
 For Compulsive Theft, Spending & Hoarding

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CLUTTERED Lives,
Compulsive Shopping
 Compulsive Stealing, Spending & Hoarding

Terrence Daryl Shulman, JD, LMSW

Author of:
 SOMETHING'S GOT TO BE BROKEN
 BEATING THE MANDS THAT KEEP US
 The Employee Self-Defense, New Perspectives, New Solutions
 AND
 ROUSSETI (LIFE AND MESSY)
 Recovery from Compulsive Shopping and Hoarding



CHECK OUT OUR NEW MERCH at Unsteal.org
<https://unsteal.org/swag/>

CHECK OUT SAMSON SHULMAN's PODCAST
Connection Is Magic!
<https://connectionismagic.com/>

*During This Time of Social Distancing, Your Life Does Not Have To Be on Hold!
 Specialized Therapy by Telephone or Video-Chat
 Your Life Is Calling...
 CALL US AT: 248-358-8508!*

150-Question Online Shoplifting Assessment Tool

ANNOUNCING THE RECENT LAUNCH OF A NEW

150-QUESTION ONLINE SHOPLIFTING ASSESSMENT TOOL

DEVELOPED BY THE SHULMAN CENTER

WITH TECHNICAL ASSISTANCE FROM ADE SOLUTIONS IN METRO-DETROIT

This is a rare and in-depth assessment tool and can be easily accessed online.

It takes about 20-30 minutes to complete and can be used by courts, therapists, and those who have shoplifted. Once the questionnaire is completed and submitted, you will receive an immediate one-page summary that tells you how severe a shoplifting problem you have, what type of shoplifter you are, and what is your risk of reoffending in the future (low, medium, high, very high).

See: <https://ade.solutions/shoplift.html>

Read Recent Comprehensive Article from
MoneyGeek
 on Compulsive Shopping/Spending... I'm quoted
[Click Here!](#)

See Recent Guardian UK Article on Why
 Wealthy People Shoplift:
 Mr. Shulman quoted as expert!
[Click Here!](#)

Listen to Mr. Shulman on a recent 100-minute

See Recent Free Press/USA Today Article on

Podcast Interview

"White Collar Crime and Recovery" with 15 other

Shopping/Shoplifting Addiction:

Mr. Shulman quoted as expert!

"convicts"
[Click Here!](#)

[Click Here!](#)

Listen to Mr. Shulman's 40-min Interview
Less Waves, More Ocean: Staying Calm in Covid Times
[Click Here!](#)

Listen to Mr. Shulman's Recent 45-minute Audio Interview on Shoplifting Addiction:
When Stealing Is A Drug!
[Click Here!](#)

See Recent 5-Minute Video on Shopping Addiction on Cheddar:
Mr. Shulman quoted as expert!
[Click Here!](#)

See Dr. Oz's 15-minute July 9, 2019 Shoplifting Addiction Episode
Mr. Shulman Feature on The Show!
[Click Here!](#)

QUICK LINKS

[2-minute NBC Nightly News Segment \(May 2021\) on Phone and Shopping Addiction](#)
[Guilt Gifting Is A Thing in 2020 But It Can Get Out of Hand Quickly!](#)
[Anti-Capitalist Teens Share Shoplifting Tips on Tik-Tok](#)
[Online Shopping Addiction in The Time of Covid Quarantine](#)
[White Collar Support Group Video Podcast Episode#1](#)
[Shopping Addiction and Holidays](#)
[Guardian UK Article: Rich Robbers](#)
[NYPost Shopping Addiction Article](#)
[Dr. Oz July 9, 2019 Episode on Shoplifting Addiction](#)
[Mr. Shulman Quoted in July 14, 2019 Article on Netflix Series "Trinkets" on Teen Shoplifting](#)
[Mr. Shulman Quoted in Vancouver Sun July 24, 2019 Article on Shopping Addiction](#)
[Stop Thief! Restaurant Diners Help Themselves to More Than Food!](#)
[New 10-minute Video Preview of Forthcoming Online Employee Theft Prevention Course](#)
[August 15, 2018 Cover Story on Shoplifting in Detroit Metro Times](#)
[Cosmo Journalist Confesses She's A Shopaholic!](#)
[You Could Be an Online Shopping Addict!](#)
[Men Are Shopaholics, Too! Author Buzz Bissinger Tells All on NBC's Megyn Kelly Show](#)
[Plain Thieves or Addicted to The Rush? Mr. Shulman Featured in Recent 3-minute news clip](#)
[Check Out Our Updated Hoarding Disorder Video Archive Webpage!](#)
[Samson Shulman Podcast Interview with Jonathan Schwartz: Embezzler to The Stars](#)
[Mr. Shulman Quoted About Worldwide Shoplifting Trends In Recent International Online 'zine](#)
[Mr. Shulman's Appearance on T.D. Jakes May 12, 2017 Show on Financial Infidelity](#)
[Mr. Shulman's 90-Minute Hoarding Presentation](#)
[Mr. Shulman Quoted in Recent Online Article on Shopping While Driving](#)
[View Unsteal.org Founder Introduce the "Unsteal Box" in TV News Debut](#)
[Shopping Addiction Featured on NBC's Megyn Kelly Show Tuesday February 27](#)

UPCOMING SEMINARS, WORKSHOPS & PRESENTATIONS of INTEREST

Saturday October 2, 2021—Mr. Shulman gives a 6-hour Power Point presentation via Zoom entitled "Everyday Ethics and Social Worker Ethics: How We Teach Our Kids to Be Honest, How We Live Honestly, and How We Practice Our Social Work Profession with Integrity" for CORE Learning, Inc. (Michigan) from 9:30am-4:00pm. \$100 includes 6 CEUs. Register through www.corelearninginc.com

Sunday October 10, 2021—Mr. Shulman gives a 4-hour Power Point presentation via Zoom entitled "How Much is Enough? Understanding and Treating Hoarding Disorder (Intermediate to Advanced) for CORE Learning, Inc. (Michigan) from 1:00pm-4:00pm. \$75 includes 4 CEUs. Register through www.corelearninginc.com

Thursday October 14, 2021—Mr. Shulman gives a 90-minute in-person Power Point presentation via entitled “Bought Out and Spent! Recovery from Compulsive Shopping and Spending” for the Livonia District Library (Michigan) from 6-7:30pm. Free. Register through the library.

Saturday November 12, 2021—Mr. Shulman gives a 6-hour Power Point presentation via Zoom entitled “Cluttered Lives, Empty Souls: Understanding and Treating Compulsive Stealing, Spending and Hoarding” for CORE Learning, Inc. (Michigan) from 9:30am-4:00pm. \$100 includes 6 CEUs. Register through www.corelearninginc.com

Saturday December 18, 2021—Mr. Shulman gives a 6-hour Power Point presentation via Zoom entitled “Everyday Ethics and Social Worker Ethics: How We Teach Our Kids to Be Honest, How We Live Honestly, and How We Practice Our Social Work Profession with Integrity” for CORE Learning, Inc. (Michigan) from 9:30am-4:00pm. \$100 includes 6 CEUs. Register through www.corelearninginc.com

FACTS, STATS, QUOTES & MORE!

39 EMPLOYEE THEFT STATISTICS: 2020/2021 IMPACT & COSTS TO BUSINESS

written by [Arthur Zuckerman](#) May 29, 2020

Revenue loss and even ultimately filing for chapter 11 bankruptcy are real risks business owners face as they maintain operations, and employee theft is one reason a business can take a nose dive. Potential global loss from fraud and employee theft is \$2.9 trillion annually. It is also estimated that 33% of corporate bankruptcies in the US are linked to employee theft.

Embezzlers and thieves need a means, motive, and opportunity to commit their crime but there is no specific way to pinpoint a profile for the thieving employee as those who were caught committing occupational fraud typically have no prior records.

This article pulled currently available data on occupational fraud to present a snapshot of the repercussions of employee theft on business revenue. Impact of Employee Theft

Employee theft is not a question of if but how often and how much. All businesses have experienced employee theft in one form or another. Over 75% of employees also admitted to pilfering from their workplace. Many would rationalize that periodically dipping into the pot will not hurt the business as the theft amounts are negligible. The small thefts combine to losses equal to 5% of annual business revenue while annual inventory loss rates come up to as high as 43% in the US.

- 95% of all businesses have experienced employee theft.
- 3 out of 4 employees admit to stealing from their employers at least once.
- Nearly 40% (37.5%) of employees have stolen from their employer.
- 3 out of 10 employee theft cases lasted for more than five years.
- Employee theft cases lasting more than ten years cost an average loss of \$5.4 million.
- Employee fraud typically goes on for two years before it is detected.
- Non-cash property theft nearly doubled in the period between 2002 to 2018 from 10.6% to 21%, an increase of 98.11%.
- 89% of occupational fraud is asset misappropriation with a median loss of \$114,000.
- In comparison, financial statement fraud is only 10% of total occupational fraud cases but the median loss is \$800,000.

Types of Employee Theft

52% Theft of office supplies

30% Theft of time

18% Theft of corporate intelligence

32% Theft of products and services

Source: Kessler International

Created by CompareCamp.com

- Global employee theft accounts for 28% of inventory losses while the rate for the US is 43%
- 52% of employees steal office supplies – pens, paper, or used the company printer for personal profit.
- 66.7% of retail companies reported an increase in inventory shrink in 2019.
- Occupational fraud perpetrators typically have no prior criminal records but 4% have a criminal record or fraud history.
- A typical business loses 5% of its revenue annually which translates to potential global fraud loss of \$2.9 trillion.
- 26.3% of occupational fraud cases were uncovered by a tip from an employee.
- Seven out of 10 employee theft cases came from organizations with fewer than 500 employees.

How Occupational Fraud Is Detected:

40% Tip

15% Internal audit

13% Management review

7% By accident

Source: ACFE

The Cost of Employee Theft

Business losses due to employee theft amount to \$50 billion annually in the US, but the financial losses are not equal for all businesses. Median losses for small businesses are 92.31% larger than a business with employees numbering more than 100.

- The loss is greater for small businesses. A business with an employee count of less than 100 has a median loss of \$200,000 while those with over 100 employees only report a median loss of \$104,000.
- 19% of cases of occupational theft involves owners and business executives but it caused a median loss of \$850,000
- Business losses amounting to \$50 billion are recorded annually from employee theft.
- 42.7% of Inventory loss in US stores is caused by employee theft.
- One-third of business bankruptcies in the US are caused by employee theft. Total business losses from these bankruptcies amount to \$50 billion annually.

Created by CompareCamp.com

Source: GetVoIP

- There were more than \$7 billion in total losses globally in 2018 because of occupational fraud.
- Nearly a quarter of occupational fraud cases had over \$1 million in losses.
- Small and mid-sized businesses, those with employees fewer than 500, have lost an average of \$1.13 million in 2017.
- 66% of tech employees who stole from their employers, took items valued between \$1–\$19. 14% stole high-value items, \$100+, and are the second-highest group.
- The average employee theft case value in 2019 was \$1,380.62 which is a considerable 11% jump from the previous year's case value.
- The average employee embezzler stole nearly \$25,000 a month from work.
- 5% of occupational fraud perpetrators are aged 56–60 but they have caused the largest median loss at \$480,000.

Employee theft exists across many industries. Research from the Association of Certified Fraud Examiners found embezzlement, one form of employee theft, have higher cases in the banking and finance sectors.

- 37% of employee theft in the form of embezzlement is perpetrated by finance and accounting employees.
- The most common embezzlement scheme is funds theft which is used in a third of all cases.
- The industries most affected by occupational fraud are banking and financial services, manufacturing, and government and public administration sectors.
- One in five tech employees steals from work.

Created by CompareCamp.com

Employee Theft Demographics

Employee theft in the form of occupational fraud has more cases with male perpetrators. The global average is close to 70% for males but the rate is even higher in other continents. The rate for the Middle East and North Africa is more than nine out of 10.

This is more a case of opportunity than a propensity for theft. After all, there are more men in the workplace in the MENA region as well as in other parts of the world. When women do commit employment theft, however, the value of the theft is 75% lower.

- Gender skews male in occupational fraud with a global average of 69%. The Middle East and North Africa have the highest rate of male occupational theft, 92%, while North America has the lowest at 64%.
- 56% of funds theft cases are perpetrated by women.
- 83% of female tech employees who admitted to theft at work took items valued between \$1–\$19 while the rate for male tech employees is 65%. In contrast, only 9% of female tech employees took high-value items \$100+ versus 17% for male tech employees.
- Employee theft in the US was committed by 59% of men and 41% of women.

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Created by CompareCamp.com

Source: Statistic Brain

- Employee theft perpetrators have an average age of 48.
- 38% of employees who commit occupational fraud are between the ages of 36–45.
- Employees with high school education and a bachelor's degree are tied at 34% of employees' educational background most likely to commit occupational fraud.

ITEMS OF INTEREST

**Contact Mr. Shulman for More Information
on starting a C.A.S.A. chapter near you!**

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**ANNOUNCING THE RECENT LAUNCH OF A NEW
150-QUESTION ONLINE SHOPLIFTING ASSESSMENT TOOL
DEVELOPED BY THE SHULMAN CENTER**

WITH TECHNICAL ASSISTANCE FROM ADE SOLUTIONS IN METRO-DETROIT.

This is a rare and in-depth assessment tool and can be easily accessed online.

It takes about 30 minutes to complete

and can be used by courts, therapists, and those who have shoplifted.

Once the questionnaire is completed and submitted,

you will receive an immediate one-page summary that tells you

how severe a shoplifting problem you have,

what type of shoplifter you are,

and your risk level for reoffending in the future

and gear that look for offending in the future
(low, medium, high, or very high).

See: <https://ade.solutions/shoplift.html>

Or click here: [Shoplifting Assessment](#)

View Mr. Shulman's 2-minute YouTube Video on Shoplifting Addiction:

<https://www.youtube.com/watch?v=N7eNcJhwGwc>

In 2019 I was contacted by three gentleman from the Baton Rouge and Lafayette, Louisiana area--one from the criminal justice system. one from addiction-recovery treatment centers, and the other specialized in developing online learning courses. They commissioned me to develop four online education programs:a juvenile and an adult shoplifting prevention course; an adult employee theft prevention course; and an adult identity theft prevention course. These four courses have been live online since mid-2020 and a 5th course I developed on effective decision making went live this past month.

See course information at:

<https://cbtclasses.com/course-registration/>

In 2018 I was contacted by Turning Point Justice, Inc. out of Boca Raton, Florida and consulted with them to create an online program to address the epidemic of employee theft--based on my book *Biting The Hand That Feeds* and my counseling with theft offenders. Next, I consulted on and co-created an online shoplifting awareness-prevention program based on my book *Something for Nothing*. Both programs are now available for purchase. The employee theft course is available to individuals but was primarily designed to be marketed to companies and organizations of all kinds. The course has three modules: 1. An introductory course for all employees (incoming and seasoned); 2. A secondary review course for any employee who . has committed a minor infraction of dishonesty in the workplace but who is given a second chance and retains his/her employment; and 3. A special course for any employee who is terminated for employee theft but will be offered a chance to take this course for his/her own reflection and, possibly, to receive leniency. The shoplifting course is available to individuals who may be court-ordered to take it or who may wish to take it voluntarily for self-improvement and, possibly, to receive leniency as well. See course information at: <http://turningpointjustice.com/>

Instructions: To request enrollment in an education course by Turning Point Justice, please email: support@cbtfortheft.com and indicate you were referred by The Shulman Center. Please be sure to include your name and phone number for TPJ to get in touch with you.

I am honored and excited to announce that my 2003 book *Something for Nothing: Shoplifting Addiction and Recovery* has been translated into Japanese was published on July 9, 2019. I received several copies in the mail and it is listed on the Japanese version of Amazon.com! I'll have to brush up on my Japanese! We are discussing a possible trip to Japan later this year to help promote it! Dr. Hiroshi Okuda, a psychiatrist from Japan who helped me get this book published, visited me in Detroit on September 14, 2019. Tina, my wife and the creative director of The Shulman Center, and I hoped to visit Dr. Okuda in northern Japan in April 2020 but this was postponed due to the Covid pandemic. We hope to visit in 2022.

White Collar Crime Support Group
Meets Online on Zoom Monday Evenings Since 2016
7 pm ET, 6 pm CT, 5 pm MT, 4 pm PT

Contact:

Rev. Jeff Grant, J.D., M.Div., Co-founder/Minister, Progressive Prison Ministries, Inc., Greenwich CT & Nationwide. 203-405-6249, jgrant@prisonist.org, Mailing: PO Box 1, Woodbury, CT 06798

See: www.prisonist.org

**Weekly Recovery Open Talks Live Online
(And Recorded for Later Listening)
See: <https://www.reco12.com/>**

**Check out new Unsteal.org videoclips...
Confessions of A Repentant Thief
Unsteal Repayment Boxes Now in Stores!
<http://www.unsteal.org>**

**Great podcasts by my brother Samson Shulman!
Interviews with up 'n coming trailblazers
and their ups 'n downs along their way
<http://www.hustlesanctuary.com/>
and his new podcast called Connection Is Magic!
<https://connectionismagic.com/>**

**Carrie Rattle, CFP, of Behavioral Cents bought
Dr. April Benson's Stopping Overshopping Program
which includes a *guided self help program that is housed on an App called Mentegram.*
See: <https://www.shopaholicnomore.com/guided-self-help-for-when-the-urge-strikes/>**

**Sign Up for The Jack Hayes, International Free Quarterly Loss Prevention Newsletter!
<http://hayesinternational.com/products/the-hayes-report-on-loss-prevention-newsletter/>**

**Online Course For Shoplifters Helps Them Understand and Stop Stealing
<http://web.3rdmilclassrooms.com/courses/court/stoplifting#section-top>**

Monthly Articles of Interest

Click on **blue** hyperlinks
to view full articles/videos:

[I Left My Business In San Francisco](#)

CVS, Target and Other Stores Closing Due To Shoplifting Epidemic!

[It's Normal To Be Anxious But How Anxious Is Normal?](#)

This Short YouTube Video May Answer That Question!

[This Is How We \(Should\) Do It!](#)

How Therapists (And Other Professionals Can) Avoid Burnout!

[If You're 55 or Over, Your Risk for Dementia Is Increasing....](#)

Take This Free, Short. Confidential Online Dementia Risk Calculator Quiz

[Are You Considering Financially Helping Out a Family Member?](#)

Read This Article First To Make Sure It Goes Smoothly

[Are You A Kleptomaniac?](#)

Read This Article To See If The (Stolen) Shoe Fits!

[I've Heard Some Prisons Are Nicer Than Others But Really?](#)

You Can Pay To Stay A Night in Jail In This Luxury, Remodeled Prison

Take A Depp Breath After You Read This!

Here's An Article To Help You Stop Being So Reactive!

The Challenges of What Do Do (or Not Do) with Family Heirlooms

There's Potential Issues for Both Giver and Receiver

Now Here's a Story That Easily Could Have Had a Sour Ending!

Woman Steals Man's Dog; He Pays for Her Drug Rehab Rather Than Pressing Charges

How Another Party Drug Has Been Going Mainstream

Research and Practice Show Ketamine Improves Treatment-Resistant Depression

Wondering If You Have ADHD?

Watch This 7-Minute Video To Find Out!

(Hint: If you made it through the video, you probably don't have ADHD!)

Why (Recovering) Addicts Should Be Careful About Teasing Their Spouses

*(Recovering) Shopaholic Plants Empty Amazon Boxes At Front Door To Tease Husband
But Then Amazon Truck Shows Up with Actual Box Orders!*

Your Cheatin' Wallet

2020 New York Times Writer Admits to Financial Infidelity and Shopping Addiction

If Only More of Us Had Been Taught These Money Lessons by Our Parents!

10 Money Lessons to Teach Your Kids Before They Reach 10

I Know This Sounds Like More OCD But...

How To Tell if Your Therapist is Making Your OCD Worse

Everything You Always Wanted To Know About Insomnia But Were Too Tired To Ask!

Article Includes List of Sleep Disorders and Various Prescription and OTC Remedies

Are You In A Toxic Relationship?

One Way To Tell Is It's a "Cult of One!"

This Month's Featured Articles

The Olympics and Recovery

by

Terrence Shulman

The XXXII (32nd) Summer Olympics in Tokyo are upon us (delayed by a year due to Covid and just over half-way through their 17-day run!

Much attention has been paid to U.S. Women's Gymnastic superstar Simone Biles's withdrawal from the competition due to her struggle with the mental "twisties," how the Russians snuck their way into the competition despite being banned as a country, and how many of Japan's own citizens (and others) have protested and boycotted the Olympics due to the Covid "Delta" variant surge (and a typhoon building steam off the coast).

And, yet, nearly a billion viewers may be watching at least some of The Olympics on TV or the Internet and my wife Tina and I are just two of those. The Olympics do have a unique way of bringing the world together in a unique way to celebrate the best in athleticism, national pride, and sportsmanship. Plus, there's always so many incredible human stories about how to persevere individually and through collective support from

so many incredible human stories about how to persevere individually and through collective support from country, family, friends and others--whether one wins a medal or not. And those interesting opening and closing ceremonies--love them, hate them, or indifferent to them--are at least thought-provoking.

And, man, do we need some form of global unity at this fragile time in the world with the Covid epidemic and political and social polarization in the U.S. and many other countries at a fever pitch.

The Olympics reminds me a lot of recovery and recovery groups. How so? Well, for one, I have previously found myself addicted to them! I don't know about you but I can watch them 24/7 (at least for the 2 weeks they're on TV). First, the opening ceremony was spectacular! Second, I am a sports nut to begin with! Third, I get to root for my fellow countrymen and countrywomen! Fourth, I get to be amazed by all the different events and colorful people and stories! Fifth, I get to be inspired by the discipline and heart of the athletes to push themselves to their limits! Sixth, I get to take a break from my other addiction--following politics! And seventh, very few things can bring people of all walks of life together for a common goal and purpose; like the Olympics, recovery is the great equalizer.

On another level, I get to remind myself that as a recovering person I, too, am an Olympian of sorts. For recovery is like a marathon (or at least an event made up of many, many sprints). We work hard to understand ourselves and our addictions and to practice, practice, practice new ways to avoid relapse, get stronger, heal, grow and meet the challenges of life each and every day. All that training can make the difference between caving and succumbing to an urge to use/relapse or declaring a greater victory of achieving a personal best, breaking our own record(s), and standing on the podium (if only for a brief time), with our heads held high in dignity.

And like the Olympics which bring together men and women from across the globe and show us how similar we are, addiction is also the great equalizer. None of us can take on addiction by ourselves just as no athlete gets to the Olympics alone: he or she has many coaches, many supporters, and many fellow athletes to be inspired by and to learn from. One of the ultimate goals of both the Olympics and recovery certainly is to be all we can be--or at least to give it our all! And that sounds a lot to me what recovery is meant to be.

Healthline Article on Stealing as A Sickness

Medically reviewed by [Dillon Browne, Ph.D.](#)

Written by [Ana Gotter](#)

Updated on June 1, 2017

What is stealing?

Stealing is the act of taking something that doesn't belong to you without permission. When we hear the word "stealing," we often think of someone breaking into our homes or shoplifters trying to smuggle high-priced products out of a store. We think of career criminals, or stealing for dishonest personal gain.

While stealing can be dishonest criminal theft, it can also be the result of poor impulse control or addictive compulsive disorders.

Causes of stealing

Kleptomania

Kleptomania, or compulsive stealing, is a common cause of theft that many forget about. This type of stealing is about a psychological compulsion instead of a desire to profit or gain something material or financial, as defined by the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition.

Kleptomania is a recurrent failure to resist the urge to steal. In most cases of kleptomania, the person steals things that they don't need. The items stolen are often of little to no value, and they could often easily afford the item if they had decided to pay.

This is unlike most cases of criminal theft, where items are stolen either out of need or because they're very expensive or valuable.

People with kleptomania feel strong urges to steal, with anxiety, tension, and arousal leading up to the theft and feeling pleasure and relief during the theft. Many kleptomaniacs also feel guilty or remorseful after the act of stealing is over, but are later unable to resist the urge.

People with kleptomania also typically steal spontaneously and alone, while most criminal thefts are planned in advance and may involve another person.

Unlike criminal theft, the items that people with kleptomania steal will rarely be used. They'll likely stash them away, throw them out, or give them to friends and family.

Other causes of stealing

Many other factors besides kleptomania can cause a person to steal. Some people steal as a means to survive due to economic hardship. Others simply enjoy the rush of stealing, or steal to fill an emotional or physical void in their lives.

Stealing may be caused by jealousy, low self-esteem, or peer-pressure. Social issues like feeling excluded or overlooked can also cause stealing. People may steal to prove their independence, to act out against family or friends, or because they don't respect others or themselves.

Risk factors that may cause kleptomania

Different factors can contribute to kleptomania. Genetics and biology may account for a portion of the root causes, which include:

- having other mental illnesses, including bipolar disorder, anxiety disorders, substance use disorders, or personality disorders (The link seems to be strongest with obsessive-compulsive disorder).
- problems with low levels of serotonin, leading to an increase in impulsive behaviors
- relations with addictive disorders, since stealing can release the rush of dopamine that becomes addictive
- an imbalance in the brain's opioid system, which controls urges
- a family history of kleptomania or addiction
- being female, as two thirds of people diagnosed with kleptomania are women
- head trauma, like concussions

Psychological trauma, especially trauma at a young age, may also contribute to the development of kleptomania. Family dysfunction can also cause children to steal, which can set the stage for kleptomania tendencies when combined with other mood or addiction disorders.

Stealing in children vs. in adults

In children

While parents can find it unsettling, it's not common for young children to steal small things without knowing better. Young children, especially those under the age of 5, are prone to taking things that excite them. When you notice your young toddler or child stealing, you can teach them that it's wrong.

There are a number of reasons older children may steal, and it's rarely out of necessity. Sometimes older children steal as a show of courage or wit, trying to impress peers. In some cases, they'll even do it to act out or get attention.

According to the American Academy of Child & Adolescent Psychiatry, when stealing in older children is persistent, it may indicate behavioral or emotional developmental problems. This can be caused by an unstable home life or genetic factors that can trigger such problems. Children who have consistent issues with stealing often have difficulty trusting others, and may blame the behavior on other people.

In adults

Adults often have very different reasons for stealing than children do. Adults are more likely to steal out of financial need than children. This often makes up a large portion of criminal theft.

Sometimes adults steal out of entitlement. These are often very, very minor thefts, like stealing boxes of tissues or a plush robe (and even mattress pads) from a hotel room, or a stapler from work. The person

because of a push robe (or a stolen mattress pad) from a hotel room, or a stapler from work. The person may feel that they're paying enough for the hotel room, or that they've worked hard enough to have "earned it."

Kleptomania is also a cause of stealing in adults. It causes theft of often small, insignificant items that the person who stole it doesn't need. It's an impulse control disorder, and the person stealing often regrets it immensely after it's over.

Getting help for stealing

When theft is repetitive or is done without any remorse, guilt, or understanding of the impact, it can be a sign of other problems. These can include family trouble, mental health issues, or delinquency. Children who steal often have trouble making and keeping friends, have poor relationships with adults, or have issues with trust.

If emotional or mental health issues could be the reason for stealing, a child might benefit from seeing a therapist or mental health professional.

Treatment for kleptomania

Kleptomania is extremely difficult to treat alone, so getting medical help is a necessity for most who experience it. Treatment typically involves a combination of psychotherapy and medications, which can address triggers and causes.

Cognitive behavioral therapy is most commonly used to treat kleptomania. With this type of treatment, your therapist will help you learn to stop detrimental behavior and address the cognition that causes them. In cognitive therapy, your therapist may use:

- systematic desensitization, in which you practice relaxation techniques to learn to control the urges to steal
- covert sensitization, in which you imagine yourself stealing and then facing negative consequences like being arrested

Medications may be prescribed to address related mood or mental health disorders, like depression or obsessive-compulsive disorder. Your doctor may prescribe an SSRI (selective serotonin selective uptake inhibitor) or an addiction medication that balances opioids to balance the brain chemistry that causes the urges to steal.

While kleptomania can't be cured, it can be treated. Continual treatment and caution is required to avoid kleptomaniac relapses. If you've been doing well under treatment and start to experience urges to steal, make an appointment with your therapist or support group as soon as possible.

Why We Lash Out!

*It is human nature to sometimes lash out at others...
but we can learn to navigate our feelings without losing our center.*

Each one of us has experienced situations where we've found ourselves lashing out at someone without meaning to do so. We later berate ourselves for losing control and feel guilty for treating the other person badly. And while it is human nature that our emotions and moods will get the better of us from time to time, we can learn to navigate our feelings and negotiate difficult situations without losing our center.

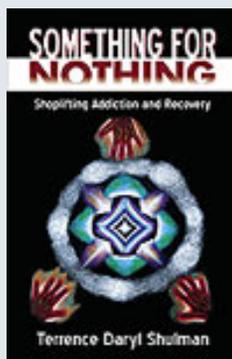
Often, when we lash out, it is because we are having a difficult time containing the emotions that are coming up inside of us. We may be feeling overwhelmed, afraid, frustrated, stressed out, or angry. Having these feelings boiling up inside of us can be very uncomfortable, and it is natural to want to release them. But when we release our feelings from our body by directing them outward and toward someone else, they inevitably impact the "innocent bystander" to whom we are directing this energy. They not only get the brunt of our anger, frustration, or stress, but also they can actually experience this energy as a physical force hitting their bodies.

stress, but also they can actually experience this energy as a physical force hitting their bodies.

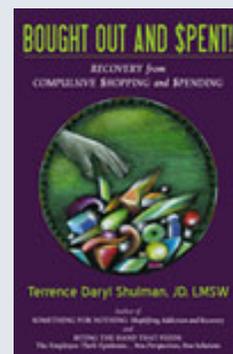
When you find yourself in a situation where you are about to lash out at the person in front of you, try to center yourself by breathing slowly and deeply. A few slow inhales and exhales can help dissipate the intensity of your feelings before they escape you. Later, when you find yourself in a more reflective state, sit down for a moment; recall the feelings in your body just before and during your outburst; note where you feel sensations coming up in your body; and ask yourself if they are connected to any core issue or experience from your life. If nothing comes to mind, then revisit the situation again, exaggerating the details of what happened by indulging in outlandish "what if" fantasies. Exaggerating events after the fact can help expose the unconscious subtext behind your heated response.

Understanding the motivation behind your reactions can help you avoid lashing out again when a similar situation comes up. In learning to navigate around your emotions, you are giving yourself the tools to feel better the next time your emotions start to boil. In doing so, you will be taking care of yourself by alleviating your own uncomfortable feelings while respecting and protecting those around you.

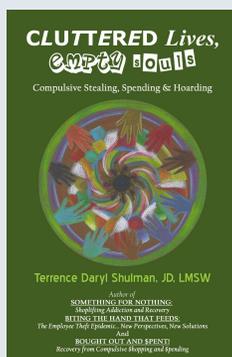
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SPOTLIGHTS

OTHER ASSOCIATES ARE DOING GREAT WORK, TOO!

Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"

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