



# The SHULMAN CENTER

*For Compulsive Theft,  
Spending & Hoarding*

## The Shulman Center June 2021 Monthly e-Newsletter

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

**HAPPY FATHER'S DAY  
SUMMER'S UPON US!**

***Happy 56th Birthday to Terry Shulman (June 27th)***

***Watch Terry Shulman Live on Zoom Friday June 18, 2021 7-9pm ET  
Secret Society of Twisted Storytellers  
on the theme of "REAL MEN"***

**See: <https://www.twistedtellers.org/events>**

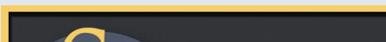
***Life isn't about finding yourself. Life is about creating yourself.  
-George Bernard Shaw***

**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](http://www.theshulmancenter.com)**



**Tina Shulman,  
Creative Director**



Attorney, Therapist, Consultant, Author & Coach  
FOUNDER/DIRECTOR OF

The Shulman Center for Compulsive Theft, Spending & Hoarding



Serving People Since 1992

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www.theshulmancenter.com

**The SHULMAN CENTER**  
For Compulsive Theft, Spending & Hoarding

TERRENCE DARYL SHULMAN  
JD, LMSW, ACSW, CAADC, CPC  
Founder/Director

The Shulman Center  
for Compulsive  
Theft, Spending & Hoarding

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**CLUTTERED Lives,**  
**COMPULSIVE HOARDING**  
Compulsive Stealing, Spending & Hoarding

Terrence Daryl Shulman, JD, LMSW

© 2014 by  
SOMETHING FOR NOTHING,  
Shopping Addiction and Recovery  
FITTING THE HANDS THAT FEED US,  
The Forensic Forensic Therapist's Best Practices, New Solutions  
And...  
BOUGHT COULD BE BETTER!  
Recovery from Compulsive Shopping and Spending



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

***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 Podcast Interview

"White Collar Crime and Recovery" with 15 other  
"convicts"

[Click Here!](#)

### See Recent Free Press/USA Today Article on Shopping/Shoplifting Addiction:

Mr. Shulman quoted as expert!

[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

See Dr. Oz's 15-minute July 9, 2019  
Shoplifting Addiction Episode

## 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

**Thursday July 8, 2021**—Mr. Shulman gives a live, in-person 90-minute Power Point presentation entitled "Understanding and Applying The 5 Love Languages For Better Relationships" for the Genesee District Library (Michigan) from 5-6:30pm. Free. Register through the library.

**Thursday July 29, 2021**—Mr. Shulman gives a 90-minute Power Point presentation via Zoom entitled "Cluttered Lives, Empty Souls: Understanding and Treating Hoarding Disorder" for the Genesee District Library (Michigan) from 7-8:30pm. Free. Register through the library.

**Saturday July 31, 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](http://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.

*Father's Day is hopefully a time when the culture says 'this is our moment to look at who our men and boys are.' --Author and philosopher Michael Gurian*

*Anyone can be a father,  
But it takes a someone special to be a Dad.  
--Hall of Fame Baseball Player Wade Boggs*

*In my career there's many things I've won, and many things I've achieved, but for me my greatest achievement is my children and my family. -- David Beckham, retired professional soccer star*

*My daddy was my hero—he was always there for me when I needed him. He listened to me and taught me so many things, but most of all he was fun. -- Bindi Irwin, daughter of deceased Australian wildlife/environment explorer and advocate, and TV star.*

*One of the things I've always wanted to do was be a dad. But in this existential way, there's a giant mirror held up to you, whether you like it or not, and you start questioning yourself: 'Are you ready to be a dad?' -- Actor, director and podcaster John Krasinski*

*The greatest gift that I can give my children is the freedom to be who they are-- Actor Will Smith*

*You can't spell "parentry" without "try." Of course, you'll make a few mistakes. The important thing is that the mistakes you make with your kids are the same ones your parents made with you. At least you know how those turn out. -- Stephen Colbert, actor, comedian & late night talk show host*

*I love being a dad; it's one of the joys of life. In fact, you can take it all away from me tomorrow, but don't take away my children. -- Actor Idris Elba*

*I believe that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us. We are formed by little scraps of wisdom. -- Umberto Eco*

*You gotta be really deliberate with how you choose to spend your day because those are the moments you're away from your child. -- Mahersala Ali, actor*

*It's the one thing I've always wanted to be. Never is a man more of a man than when he is the father of a newborn. -- Actor Matthew McConaughey*

*Do I want to be a hero to my son? No. I would like to be a very real human being. That's hard enough. -- Robert Downey, Jr., actor*

*I feel like the success of parenthood is feeling like I failed all day today, but I get to wake up tomorrow and do it again and hopefully they turn out to be a good human being. -- Justin Timberlake, singer, actor, comedian*

*It starts in the home. If the father is not in the home, the boy will find a father in the streets. I saw it in my generation, every generation before me, and every one since. -- Actor Denzel Washington*

*I think parenthood brings out the child in all of us. That's what's so beautiful. It reminds you of the fascination you had with things, and how you can spend hours just being with someone. It's amazing, -- Chris Hemsworth, actor*

*What makes you a man isn't the ability to have a child—it's the courage to raise one.-- Former U/S/ President Barack H. Obama*

*The older I get, the smarter my father seems to get.-- Tim Russert, deceased news anchor & author*

*Fathering makes a man, whatever his standing in the eyes of the world, feel strong and good and important, just as he makes his child feel loved and valued, -- Psychologist/Author Frank Pittman*

*My father had taught me—mostly by example—that if a man wanted to be in charge of his life, he had to be in charge of his problems. -- Best-selling author Stephen King*

*And above all, children need our unconditional love—whether they succeed or make mistakes; when life is easy and when life is tough. -- Former U.S. President Barack H. Obama*

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## 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  
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WITH TECHNICAL ASSISTANCE FROM ADE SOLUTIONS IN METRO-DETROIT.**

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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  
(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](mailto: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 and 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](mailto:jgrant@prisonist.org), Mailing: PO Box 1, Woodbury, CT 06798

See: [www.prisonist.org](http://www.prisonist.org)

**RECO12.COM**

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:

### [The Double Lives of Countless Moms](#)

*They Try to Be Perfect But There's Much We Don't See!*

### [And Let's Not Forget About The Guys...](#)

*Why We Lie: Four Men Share Their Complicated Relationship with The Truth!*

### [Do You Think Negatively About Your Addictions?](#)

*Try Out These Positive Affirmations and Words to Shift Your Perspective*

### [Are You or Someone You Know A Shopaholic?](#)

*This Fascinating And Candid Blog May Help!*

### [How Much Money Should You Have In Savings?](#)

*It's More Than Just an Emergency Fund!*

### [Five \(5\) Reasons Good Mental Health Is Essential for A Happy Life](#)

*If You Think You Know The Answers, You Might Be Wrong!*

### [It's Complicated....](#)

*Complicated Grief: What It Is, How It Differs from Normal Grief, and How To Process It*

### [When Your Phone Is Not Your Friend!](#)

*May 2021 2-Minute NBC Nightly News Segment on Phone/Internet Shopping Addiction*

### [13 Beliefs You MUST Reprogram to Have A Happy Life!](#)

*Don't Believe This? That's Your Prerogative!*

### [A Book of Poems on What?](#)

*New Book of Poetry Entitled "Hoarders"*

### [Money Isn't Everything!](#)

*Ask Abigail Disney--Walt Disney's Granddaughter!*

### [Meet The Man on A Mission To Eradicate O.C.D.!](#)

*Stephen Smith, Founder of the App NOCD Tells His Story of Recovery*

### [A Rehab Treatment Program for Crooks In Spain?!](#)

*When Is The Next Flight Out?!*

### [Yes, More on Phone Addiction!](#)

*Join This Free New York Times Wellness Challenge to Break Your Phone Addiction!*

### [Are You a People Pleaser?](#)

*Ten Things To Say Besides "Yes!"*

### [Middle Age Doesn't Have To Be A Crisis!](#)

*Here's a List of Sneaky Triggers To Watch Out for The Middle-Age Blahs!*

## This Month's Featured Articles

### FATHERS: WHY BOTHER?

Here's Why...

by

*Terrence Shulman*

Last month I shared a column (updated from a previous column) about how our mothers impact our lives—emphasizing how our mothers often wound us in various ways, wittingly or unwittingly. As Father's Day approaches, it seems only fair to examine and discuss how our fathers impact us, too.

My father would have turned 82 this June 19th. (My mother just turned 82 in March). Unfortunately, my father died 28 years ago at age 53. I'm about to turn 56 at month's end and, in the back of my mind, I sometimes wonder (and hope) if I'll live longer than my Dad.

Six years ago, one of my best buddies, who is just a few months younger than I am, called me to tell me he'd recently suffered a mild heart attack and had to have two stents placed in two of his arteries one which was 80% blocked. "Genetics," he said as his own father had died of a heart attack many decades ago at age 38!

I've talked to many men whose fathers had died and who became increasingly at least mildly anxious about whether they'd outlive their father's age at death. Now I get it. Since men tend to die on average of 8 years earlier than women, chances are good that many of us are spending this Father's Day without the physical presence of our fathers, and it's more common for children (including adult children) to be estranged from their fathers than their mothers. There's a bad joke that goes: "Why do men die younger than women? ... Because they want to." The sad truth is that far too many men see and feel life as a burden and have trouble tapping into the deep joy, awe and meaning of life... even just their own lives. I've felt this myself and I have no doubt my father did as well. It's been said that many of us have grown up with a "father hunger" due to the not uncommon lack of exposure and nurturing by the positive masculine.

Since my Dad's birthday and Father's Day fall around the same time each year, I do my best to be aware of my feelings and where I am in my ongoing grieving process. What is most present for me lately is some sadness that my father is not around to witness and share in the joys of my accomplishments and adventures.

I am the oldest of 3 brothers. Each of us has been impacted by our father's life and death and the way he fathered or failed to father us. I think I can speak for each of us in feeling confused, disappointed, and hurt by the fact that our father had so many great qualities and talents which we admired but which, sadly, were undercut by his alcoholism, bipolar disorder, and various personality tendencies which left us feeling like we, essentially, had to raise ourselves.

While our relationship with our mother no matter how old we are is likely the most important, primal and fundamental relationship we'll have, fairly recent research and personal anecdotes from both sons and daughters point to the importance of our relationships (or lack thereof) with our fathers. As with mothers, I can't tell you how often in my counseling practice that clients' "father issues" are at the very root of their addictions and relationship problems and, therefore, how important it is for us to acknowledge, understand, and do our best to heal old (or newer) wounds and to develop a healthier relationship with our fathers whether they are actively in our lives or not.

Some of the most common reasons both men and women have father issues include the following:

1. a father died early in a child's life or committed suicide;
2. a father was addicted and/or mentally ill and was not able to be physically and/or emotionally present and attuned to his child:

3. a father was overtly/covertly seductive/sexual with his child;
4. a father appeared to favor one of his children over another;
5. a father needed rescue, help, or companionship and his child played the role of partner or parent;
6. a father held unrealistically high expectations of his child and the child became inauthentic to receive mother's love/approval;
7. a father was physically, emotionally, and/or verbally abusive toward his child;
8. a father had little natural or cultivated interest in being a father to his child;
9. a father betrayed his child's confidence in some way;
10. a father was "perfect" and modeled this in a way his child felt unable to compete with;
11. a father was overly critical of his child;
12. a father was overly domineering or controlling;
13. a father committed infidelity in his marriage & her child knew;
14. a father encouraged his child to tell or keep secrets;
15. a father broke the law and/or modeled dishonesty; and
16. a father was physically and/or emotionally absent due to working all the time or for some other reason(s).

The core effects of the situations described above often result in persistent feelings of neglect, abandonment, trust issues, low self-esteem/self-worth, codependency/caretaking others, as well as unresolved emptiness, depression, anxiety, and anger. Which of the above issues seems to resonate with you? There may be many other ways to express the wounds or conflicts that develop around our relationship with our fathers than are listed above. Have you had any experiences with this?

I recently read something about love that was powerful to me. It noted that it's important to cover "the four A's: Attention, Affection, Appreciation, and Acceptance." Stop and think about this for a bit. How does this land with you? When you think about your relationship with your father, do/did you feel he was attentive? Was he affectionate with you in an appropriate, nurturing way with hugs, kisses, or even a pat on the back? Was he appreciative of you, your feelings and your unique gifts, talents and efforts? And was he accepting of you with all your foibles, mistakes and so-called shortcomings? That's real love, huh?

We all know that no parent is perfect and even those of us who are parents ourselves get to realize life's cruel joke: we often become like our parents or at least learn to appreciate how hard it must have been to them to raise us! As we grow up (and, hopefully, we do) we learn to differentiate from our parents, need them less (emotionally, financially, etc) and develop compassion for them (they did the best they knew how to do given how they likely were raised). But this doesn't mean it's easy. We are taught to honor thy parents but that doesn't mean we don't speak our minds or share our hearts.

Ideally, we often look to our parents to be a safe space to share our pain and our opinions (even if it hurts them). It doesn't mean they don't share their own pain and opinions back but, I believe, a primary role of a parent is to be strong and mature enough to absorb their child's expressions, to model this even, and to be secure enough even in their imperfections to listen, try to understand, and try to see the gift in their child's courageous, if imprecise, offering of their pain, their perspective. This is the ideal and, of course, it's painful when we don't get this from parents.

In this context, wouldn't it be great if this Father's Day instead of cards and ties, we could give the gift of honesty, our father could receive it lovingly, and we would return the favor?

**PRESS RELEASE May 11, 2021**

**Shoplifting and Dishonest Employee Average Case Values Increased in 2020  
According to Jack L. Hayes International's 33rd Annual Retail Theft Survey!**

WESLEY CHAPEL, FL - Jack L. Hayes International, Inc. released today the results of their 33rd Annual Retail Theft Survey which reports on over 184,000 shoplifters and dishonest employee apprehensions in 2020 by just 22 large retailers, who recovered over \$81 million from these thieves.

“While temporary store closures due to the Covid-19 Pandemic resulted in fewer thieves being caught stealing in 2020, the average shoplifting case value increased 13.0% and the average dishonest employee case value increased 3.8% over 2019,” said Mark R. Doyle, President of Jack L. Hayes International, Inc.

Mr. Doyle added, “As expected, the Covid-19 Pandemic clearly affected apprehensions and recovery dollars in 2020, with shoplifting apprehensions and recovery dollars down 43.8% and 36.5% respectively; and dishonest employee apprehensions and recovery dollars down 20.3% and 17.2% respectively. However, those participant retailers designated as ‘essential’, saw overall apprehensions rise 7.9% and dollar recoveries increase 9.1% during 2020.”

### Highlights from this highly anticipated annual theft survey include:

- **Participants:** 22 large retail companies with 18,594 stores and over \$500 billion in retail sales in 2020.
- **Apprehensions:** Participants apprehended 184,621 shoplifters and dishonest employees in 2020, down 41.3% from 2019. Note: “Essential” retailers’ apprehensions increased 7.9%
- **Recovery Dollars:** Participants recovered over \$81 million from apprehended shoplifters and dishonest employees in 2020, down 30.0%. Note: “Essential” retailers’ recovery dollars increased 9.1%
- **Shoplifters:** 158,158 shoplifters were apprehended in 2020, down 43.8%; and over \$49 million was recovered from these shoplifters, down 36.5%. Note: “Essential” retailers’ shoplifting stats were up 8.6% (apprehensions) and 15.3% (recovery dollars).
- **Dishonest Employees:** 26,463 employees were apprehended in 2020, down 20.3%; and \$32 million was recovered from these employees in 2020, down 17.2%. Note: “Essential” retailers’ dishonest employee stats were up 2.7% (apprehensions) and 0.1% (recovery dollars).
- **Case Averages:** Total Thefts: \$ 440.48, up 19.2% in 2020 . Shoplifters: \$ 310.11, up 13.0% in 2020 . Employees: \$1,219.61, up 3.8% in 2020

### COVID-19 PANDEMIC CLEARLY AFFECTED 2020 APPREHENSIONS AND RECOVERY DOLLARS!

While temporary store closures due to the Covid-19 Pandemic resulted in fewer thieves being caught stealing in 2020, the average shoplifting and dishonest employee case values increased. Highlights from this year’s survey include:

- ✓ **Participants:** 22 large retail companies with 18,594 stores and over \$500 billion in retail sales in 2020.
- ✓ **Apprehensions:** Participants apprehended 184,621 shoplifters and dishonest employees in 2020, down 41.3% from 2019. Note: “Essential” retailers’ apprehensions increased 7.9% in 2020.
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### Jack L. Hayes International, Inc. SURVEY PARTICIPANTS

- > 22 Large Retail Companies (Dept, MM/Big-Box, Specialty Apparel, Supermarkets)
- > 18,594 Stores (representing an excellent cross-section of the United States)
- > \$507,977,933,327 in Annual Retail Sales (2020)

### TOTAL RETAIL THEFT APPREHENSIONS

Difference 2019 2020 #/\$ Pct. Apprehensions 314,494 184,621 -129,873 - 41.3% Recoveries \$116,179,408 \$81,321,617 -\$34,857,791 - 30.0% Avg. Case Value \$369.42 \$440.48 \$71.06 19.2% Retail Theft Apprehensions Breakdown:

**SHOPLIFTING** Difference 2019 2020 #/\$ Pct. Apprehensions 281,300 158,158 - 123,142 - 43.8% Recoveries \$77,189,446 \$49,047,059 -\$28,142,387 - 36.5% Avg. Case Value \$274.40 \$310.11 \$35.71 13.0% Recoveries \$152,870,815 \$87,396,416 -\$65,474,399 - 42.8% (No Apprehension Made)

10.0% Recoveries \$162,876,816 \$67,656,416 \$95,174,659 - 42.5% (No Apprehension Made)  
**DISHONEST EMPLOYEES** Difference 2019 2020 #/\$ Pct. Apprehensions 33,194 26,463 - 6,731 - 20.3%  
Recoveries \$38,989,962 \$32,274,558 -\$6,715,404 - 17.2% Avg. Case Value \$1,174.61 \$1,219.61 \$45.00  
3.8% (Note: 2020 results impacted by store closures during Covid-19 pandemic.)

## TOTAL RETAIL THEFT

• Survey participants apprehended a total of 184,621 dishonest individuals (shoplifters and employees) in 2020, a decrease of 41.3% from the prior year. Dollars recovered from those apprehended thieves decreased 30.0% to \$81.3 million in 2020. (“Essential” Retailers’ stats up 7.9% and 9.1%.) • For every \$1.00 recovered by our surveyed companies, \$33.15 was lost to retail theft. Therefore, only 2.9% of total retail theft losses resulted in a recovery.

## SHOPLIFTING

• Apprehensions: Survey participants apprehended 158,158 shoplifters in 2020, a decrease of 43.8% from the prior year. (“Essential” Retailers reported apprehensions up 8.6%)  
• Recoveries: Dollars recovered from shoplifting apprehensions totaled over \$49.0 million in 2020, down 36.5% from 2019. (“Essential” Retailers reported recovery dollars up 15.3%)  
• Recoveries (no apprehension): Dollars recovered from shoplifters where no apprehension was made (over \$87 million) decreased 42.8% in 2020.  
• Case Value: The average shoplifting case value in 2020 was \$310.11, an increase of 13.0% from 2019 (\$274.40).

## EMPLOYEE THEFT

• Apprehensions: Survey participants apprehended 26,463 dishonest employees in 2020, down 20.3% from 2019. (“Essential” Retailers reported apprehensions up 2.7%)  
• Recoveries: Dollars recovered from dishonest employee apprehensions totaled over \$32 million in 2020, down 17.2% from 2019. (“Essential” Retailers reported recovery dollars up 0.1%)  
• Case Value: The average dishonest employee case value in 2020 was \$1,219.61, an increase of 3.8% from 2019’s average case value (\$1,174.61).

## CODEPENDENCY *What Are The Signs And How To Overcome It?* by

Joaquin Selva

(Positive Psychology October 22, 2020)

**Codependency** refers to a psychological construct involving an unhealthy relationship that people might share with those closest to them.

It was originally thought to involve families of substance abuse but has since grown to include other types of dysfunctional relationships.

Read on to learn about what codependency is and how it can affect people, how to recognize signs of codependency, and resources for learning more about and overcoming codependency.

If you wish to learn more, our [Positive Relationships Masterclass](#) is a complete, science-based training template for practitioners and coaches that contains all the materials you’ll need to help your clients improve their personal and professional relationships, ultimately enhancing their mental wellbeing.

### This Article Contains:

- [What Is a Codependent Personality Disorder? Definition & Meaning](#)
- [20 Signs Of Codependency](#)
- [Codependency Quiz & Tests](#)
- [5 Books About Codependency](#)
- [Codependency Treatment: 5 Codependency Worksheets](#)
- [Codependent Parents: Consequences for Children](#)

- Codependent Parents: Consequences for Children
- A Take Home Message
- References

## What Is a Codependent Personality Disorder?

Originally, “the term ‘codependent’ described persons living with, or in a relationship with an addicted person” (Lampis et al., 2017).

Modern understandings of codependency now refer to “a specific relationship addiction characterized by preoccupation and extreme dependence—emotional, social and sometimes physical—on another person.” The concept of codependency does still apply to families with substance abuse issues but is used also to refer to other situations too. The main consequence of codependency is that “[c]odependents, busy taking care of others, forget to take care of themselves, resulting in a disturbance of identity development” (Knudson & Terrell, 2012).

Cermak (1986) argued that codependency should be defined in the next edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM), borrowing diagnostic criteria from alcohol dependence, dependent personality disorder (DPD), borderline personality disorder (BPD), histrionic personality disorder, and even post-traumatic stress disorder (PTSD).

This argument was unsuccessful and the DSM-III-R (the next revision) did not include codependency as a personality disorder. The DSM-5, the newest edition of the manual, still only refers to DPD, not codependency.

Codependency does not only overlap with DPD but also with BPD, which is one reason some research has dismissed the idea of codependency making up its own personality disorder. One study found, though, that while codependent people do share some overlap with DPD and BPD symptoms, there are also people who exhibit codependency without exhibiting symptoms of DPD and BPD (Knapek et al., 2017).

Codependency can be distinguished from DPD because codependent people are dependent on a specific person(s), while people with DPD are dependent on others in general. Codependency can be distinguished from BPD; while BPD includes instability in interpersonal relationships, it does not involve dependence on other people.

To sum up, codependency is a psychological concept that refers to people who feel extreme amounts of dependence on certain loved ones in their lives, and who feel responsible for the feelings and actions of those loved ones. Codependency is not recognized as a distinct personality disorder by any version of the DSM, including the DSM-5, the most recent version.

That said, research shows that while codependency does overlap with other personality disorders, it does appear to constitute a distinct psychological construct. The best way to learn about codependency is to review some of the signs of codependency.

## 20 Signs Of Codependency

What does codependency actually look like? Some of the things that have been found to correlate with codependency include (Marks et al., 2012):

- Low self-esteem;
- Low levels of narcissism;
- Familial dysfunction;
- Depression;
- Anxiety;
- Stress;
- Low emotional expressivity.

**Other signs of codependency include (Lancer, 2016; Mental Health America, n.d.):**

- Having a hard time saying no;

- Having a hard time saying no;
- Having poor boundaries;
- Showing emotional reactivity;
- Feeling compelled to take care of people;
- Having a need for control, especially over others;
- Having trouble communicating honestly;
- Fixating on mistakes;
- Feeling a need to be liked by everyone;
- Feeling a need to always be in a relationship;
- Denying one's own needs, thoughts, and feelings;
- Having intimacy issues;
- Confusing love and pity;
- Displaying fear of abandonment.

### **Codependency Quiz & Tests**

The simple presence of the above signs does not mean someone is codependent, but a high number of these signs may indicate codependent tendencies.

One way to do this is with codependency tests, like these:

#### **Friel Co-Dependency Assessment Inventory from Mental Health America of Northern Kentucky and Southwest Ohio (1985)**

This test consists of 60 true-or-false questions. A score below 20 is little need for concern, a score between 21-30 should be a moderate need for concern, a score between 31-45 is moderate towards a severe need for concern, and a score over 46 indicating a severe need for concern.

#### **Codependency Test from Hamrah**

This test consists of 26 simple yes-or-no questions that can get one to start thinking about codependency in their own relationships. Answering yes to five or more questions indicates that the test-taker may be codependent.

This is not a professional diagnosis, but it is a good way to start evaluating codependent behaviors in one's own life.

#### **Are You in a Codependent Relationship?**

This article from WebMD serves as a sort of open-ended quiz about whether or not one is in a codependent relationship and suggestions for what to do next. With input from psychologists, it offers up a few signs of codependent relationships to get the reader thinking about whether or not their relationship is codependent.

#### **Characteristics of Codependent People**

A checklist by Melody Beattie consisting of over 200 items has been adapted into a shorter version, called the Beattie Codependency Checklist, which has been used in peer-reviewed research on codependency (Wells et al., 1999).

There is no scale at the end which determines the taker's level of codependency, as it is rather meant to contextualize a vast set of behaviors and thoughts into a codependency framework.

### **5 Books About Codependency**

For people who want to learn more about codependency, here are some great books about codependency. These books are particularly helpful for people who fear they are codependent and want to overcome their codependency.

#### **1. Codependency For Dummies – Darlene Lancer (2015). 2nd Edition.**

This book, from a licensed marriage and family therapist, can be an excellent introduction to codependency for people who do not know a single thing about codependency.

The book is aimed at people who think they might be codependent and includes a number of actionable tips one can take to break their codependence.

Available on Amazon

Available on [Amazon](#).

## **2. The Language of Letting Go: Daily Meditations for Codependents – Melody Beattie**

This book, by codependency expert Melody Beattie, is a handbook for people who are codependent. This book is full of daily meditations and focuses on self-esteem, acceptance, health, and recovery. This is a good option for anyone who knows they are codependent and wants to do something about it. Available on [Amazon](#).

## **3. Breaking Free of the Co-Dependency Trap – Janae B. Weinhold Ph.D., Barry K. Weinhold, & John Bradshaw (2008)**

This book by a married psychologist couple is all about codependency and how to break out of it. The authors first discuss how codependency develops in people, and how one's childhood can ultimately lead to codependency. The authors then focus on helping the reader out of codependency. This is a good option for anyone who wants to understand their codependency, not just how to fix it. Available on [Amazon](#).

## **4. The Everything Guide to Codependency: Learn to recognize and change codependent behavior – Jeniffer Sowle (2014)**

This book from a clinical psychologist aims to help people who think they are codependent. In it, the author helps the reader recognize signs of codependency in their own behavior (and the behavior of the people around them), then helps the reader work through their own codependent or enabling behaviors, as well as the codependent or enabling behaviors of their partner. This is a good option for learning how to recognize codependency in oneself, as well as learning how to identify and avoid codependent behaviors in the future. Available on [Amazon](#).

## **5. You're Not Crazy – You're Codependent: What Everyone Affected by Addiction, Abuse, Trauma or Toxic Shaming Must know to have peace in their lives – Jeanette Elisabeth Menter (2012)**

Finally, this book is written by someone who has struggled with codependency in their own life. It aims to help people who have had traumatic experiences in their past figure out if some of their problems stem from codependency. Then, for people who are struggling with codependency, the book offers a variety of ways to overcome it. Available on [Amazon](#).

## **Codependency Treatment: 3 Codependency Worksheets**

Books can be invaluable resources, but it can take some time to get through them. For people who want to start right away, here are some useful worksheets for learning about codependency, as well as treating and overcoming it.

### **1. Codependency Questionnaire**

This Codependency Questionnaire is a good option for a short overview of common behaviors and feelings linked to codependency. It contains 20 items designed to get people thinking about codependency in their own lives.

While not a substitute for clinical diagnosis, it can be a good starting point.

### **2. Shifting Codependency Patterns**

This worksheet is a helpful way to identify some emotional and behavioral patterns and tendencies that are related to codependency. It contrasts unhealthy ways that people with codependency think about themselves with healthier ways that people think about themselves.

This worksheet is an actionable way to shift thought and action patterns to begin recovering from codependency.

### **3. Codependent Relationships: Beliefs, Attributes, and Outcomes**

Finally, Codependent Relationships – Beliefs, Attributes, and Outcomes is a brief, informal checklist that is broken down into the beliefs, attributes, and outcomes of codependent behaviors in relationships. While not a formal test, it is a good way to evaluate codependent behaviors and thoughts in one's interpersonal interactions, as well more generally in life.

interactions, as well more generally in life.

This delves into healthy versus codependent thought patterns and behaviors.

### **Codependent Parents: Consequences for Children**

Codependency was originally thought of as a disorder that affected the children and spouses of alcoholics and substance abusers.

Research has shown that codependency is not unique to the children (or spouses) of alcoholics, though, as many types of family difficulties can lead to codependency (Cullen & Carr, 1999).

In fact, having a codependent parent can lead a child to codependency as well.

This is due to the tendency that people who have been “parentified” as children are more likely to be codependent (Wells et al., 1999). The concept of parentification refers to “the reversal of the parent-child role,” or when a child is forced to serve in a parental or care-taking role towards their own parent.

This is usually due to the parent not having had their own developmental needs met while they were growing up.

Since these codependent children grow up not having their developmental needs met either, this can create a cycle of codependency passed down from generation to generation.

Being codependent can be particularly harmful for parents of addicted children (Clearview Treatment Programs, n.d.). Codependent parents of addicted children can enable their children’s addictions, even when they think they are helping.

This is one of the ways that codependency can be especially tricky – often people with these tendencies believe they are being helpful, or that their actions are necessary for the other person in the relationship.

The most effective treatment for codependency is therapy, whether group or individual, to understand the ways in which someone feels they must care-take for another’s emotional state.

This work can be hard to identify in ourselves, so having a supportive professional help us untangle these relationships can be crucial.

### **A Take-Home Message**

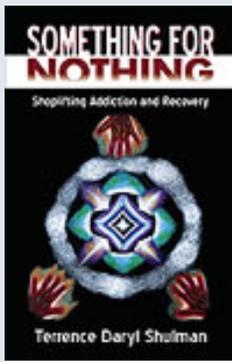
For years, the concept of codependency has been criticized for being ill-defined, but over the last few decades, the construct of codependency has become more well-defined and well-researched, as it has been fitted with an empirical base.

Most importantly, codependency has been recognized as a relationship dynamic that affects people with all sorts of childhood trauma, not just the children or spouses of alcoholics or substance abusers.

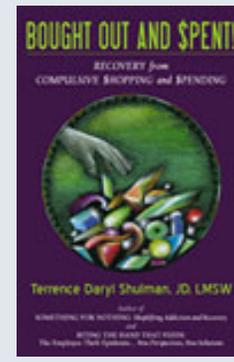
For people who are codependent, there are plenty of ways to overcome codependency. Aside from seeking professional help, there are all sorts of worksheets and books (such as the ones highlighted above) by people who have overcome codependency. The most important thing to remember is that while everyone has loved ones and feels responsible for those loved ones, it can be unhealthy when one hinges their identity on someone else.

Ultimately, everyone is responsible for their own actions and feelings.

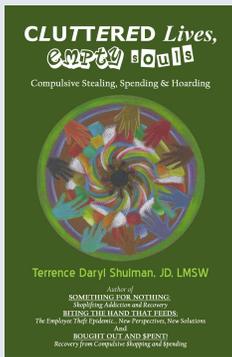
What is your experience with codependency? Are there relationships in your life in which you or the other person tend to exhibit codependent tendencies? Are their relationships from cultural movies or TV shows that provide examples of these kinds of relationships?



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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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