CLÍNICA VIVALDI · FREE SHEET · IMPULSE CONTROL AND CONDUCT

# Kleptomania

Recurrent and irresistible urge to steal unneeded items, with prior stress and subsequent relief, often followed by guilt.

## COMMON SIGNS

- Stealing worthless or unneeded items
- Tension before and relief after
- Guilt and shame

## TIPS FOR YOU

1. Cognitive behavioural therapy
2. Avoid risky situations
3. Ask for help before there are legal consequences

## FOR FAMILY AND FRIENDS

1. Don't judge: it is an impulse control problem
2. Help them seek support

## WHEN TO ASK FOR HELP

1. Before there are legal consequences
2. If depression or anxiety appear

## TO OBSERVE AND NOTE DOWN

☐ I feel urges to steal things I don't need
☐ Before stealing I feel tension
☐ Afterwards I feel relief
☐ Then I feel guilty
☐ I don't steal out of need or revenge
☐ I have tried to stop without success
☐ It has happened to me several times
☐ I worry about the consequences

## FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/cleptomania
- Confederación SALUD MENTAL ESPAÑA (Spanish mental health confederation): https://consaludmental.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com