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Are You Sexually Anorexic?

Is a lack of emotional, spiritual, and/or sexual intimacy or connectedness blocking your relationship with the special woman in your life? Here's a clue: If you are addicted to sex, in any way, you may also be sexually anorexic, because it's one of the possible consequences (although that's not a prerequisite).

Ask yourself...

1. Do I withhold love, praise, affection, or even attention from her? Yes No
2. Do I try to control her, in particular, with anger? Yes No
3. Do I stay busy in order to avoid being close or around her? Yes No
4. Do I attempt to manipulate her with silence or by leaving the room? Yes No
5. Do I use ungrounded criticism to put her down and keep her away? Yes No
6. Do I try to impose guilt and/or shame on her for any reason? Yes No
7. Do I blame her to keep from dealing with my own issues? Yes No
8. Do I deliberately avoid discussing my own feelings? Yes No

Evaluation: If you checked one of the above, you may have a barrier to intimacy. If you checked two or more, you should consider getting help to restore your ability to enjoy intimacy as a normal part of your life.