



AM I ANOREXIC? - 50 QUESTIONS FOR SELF DIAGNOSIS

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Sex and Love Addicts Anonymous

Here are fifty questions you might want to address. There is no score for these questions. Your own instinct will tell you to what degree they apply to you. Following the questions is information, should you wish to explore further.

Yes No 1. Do you go for long periods without being involved in a sexual or romantic relationship?

Yes No 2. Do you go without social activities for extended periods of time?

Yes No 3. Although in a relationship, have you found that, for a long while, you have not experienced: romance? sexuality? intimacy? friendship?

Yes No 4. Are you alone more than you want, but feel unable to change that?

Yes No 5. At work do you have trouble developing relationships?

Yes No 6. Do you avoid relationships with a certain gender?

Yes No 7. Do you stay aloof when in groups?

Yes No 8. Are you afraid of being noticed?

Yes No 9. Does being in the presence of others exhaust you?

Yes No 10. Do you habitually panic or push people away when they start getting close?

Yes No 11. Do you usually try to withdraw from or completely control emotions?

Yes No 12. Do you feel uncomfortable when offered nurturing?

Yes No 13. Do you usually dread encountering someone to whom you are attracted?

Yes No 14. Do you feel safer when a relationship remains at the level of flirting and intrigue?

Yes No 15. Do you feel a deep pessimism about your ability to experience lasting intimate relationships?

Yes No 16. Are you continually attracted to people who don't meet your needs?

Yes No 17. Are you afraid to relax around people because you fear it might lead to a sexual situation?

Yes No 18. Do you fantasize about having a relationship without actually pursuing a relationship?

Yes No 19. Do your sexual habits, masturbation for instance, keep you from relationships?

Yes No 20. Anhedonia means the refusal to receive or give pleasure. Do you practice it?

Yes No 21. Do you regularly disown your physical and emotional need for others?

Yes No 22. Do you have a hard time playing and having fun with others?

Yes No 23. Is it so difficult for you to set healthy boundaries with others that you withdraw completely?

Yes No 24. Does everything have to be perfect before you get involved?

Yes No 25. Do you envy more outgoing people?

Yes No 26. Do you feel your demonstrativeness is inauthentic?

Yes No 27. Does shame about your life cause you to avoid relationships?

Yes No 28. Do you use your feelings of superiority or inferiority to set yourself apart from others?

Yes No 29. Do you think that no healthy, attractive person or group of people would want someone like you?

Yes No 30. Do you have a hard time letting people know you care about them?

Yes No 31. Do you think you are not "enough" - smart enough, attractive enough, old enough, young enough, successful enough, healthy enough, enough to deserve a relationship?

Yes No 32. Do you stay in relationships because you feel you don't deserve anything better or can't have anything different?

Yes No 33. Do you find it overwhelmingly difficult to show emotion or to tell the truth to someone you wish to be involved with?

Yes No 34. Do you drive others away by coldness? aggression? timidity?

Yes No 35. Do you prefer being alone, rather than question the choices that keep you alone?

Yes No 36. Is your fear of rejection or of looking foolish so intense that you seem to be permanently stuck?

Yes No 37. Do you suspect that your capacity to move toward intimacy with another is damaged or dead?

Yes No 38. Do you have an overwhelming fear of being socially, sexually, or emotionally, exploited or used?

Yes No 39. Do you usually feel resentful or envious toward people who have intimate relationships or active social lives?

Yes No 40. Do you find sex repugnant?

Yes No 41. Do you feel sex is only for healthy people and will therefore never be for you?

Yes No 42. Are you more open to people you cannot be sexually close to?

Yes No 43. When you do date someone, do you set a time limit beforehand on how long you will date that person?

Yes No 44. Are you tied to your family of origin to the exclusion of others?

Yes No 45. Are you mainly attracted to unavailable people?

Yes No 46. Do you consider it not worth the trouble to engage with others because past experiences have been threatening or painful - especially if others want to get close to you?

Yes No 47. Do you feel more comfortable or more in control when you decline sex or relationship or social invitations?

Yes No 48. Are you habitually more open to strangers than those you are close to?

Yes No 49. Do you feel so different from others that you are afraid no one can care about you or understand you?

Yes No 50. Do you feel that love is missing from your life, yet don't know what to do about it?