

50 QUESTIONS	LA LIST
<p>self-esteem</p> <ul style="list-style-type: none"> <li>- Pessimism about relationships</li> <li>- Shame</li> <li>- Avoid relationships</li> <li>- Feelings of superiority/inferiority</li> <li>- Stay in bad relationships</li> <li>- Damaged capacity for intimacy</li> <li>- Envy</li> <li>- Inauthentic demonstrativeness</li> <li>- Expect perfection (from below)</li> </ul> <p>List of fears</p> <ul style="list-style-type: none"> <li>- Being noticed</li> <li>- Getting close</li> <li>- Feeling attracted</li> <li>- Relaxing around people</li> <li>- Sex</li> <li>- Setting healthy boundaries</li> <li>- Vulnerability (showing emotion, telling the truth)</li> <li>- Rejection</li> <li>- Looking foolish</li> <li>- Being stuck</li> <li>- Being used</li> <li>- Repeating past experiences</li> <li>- Being uncomfortable</li> <li>- Losing control</li> <li>- Accepting invitations</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>- Alone more than you want OR prefer being alone</li> <li>- Trouble developing relationships (even non-sexual)</li> <li>- Aloof</li> <li>- Others exhaust you</li> <li>- Drive others away</li> <li>- Coldness</li> <li>- Aggression</li> <li>- Timidity</li> <li>- Don't question choices</li> <li>- Inappropriate ties to family of origin</li> <li>- Love is missing</li> </ul> <p>Sex</p> <ul style="list-style-type: none"> <li>- Don't pursue relationship</li> <li>- Isolating sexual habits (fantasy, masturbation)</li> <li>- Avoid giving pleasure</li> <li>- Avoid having pleasure</li> <li>- Repulsed by sex</li> </ul> <p>Unavailable People</p> <ul style="list-style-type: none"> <li>- Uncomfortable with nurturing</li> <li>- Prefer unavailable people</li> </ul> <p>Time (even in relationships) Long time without</p> <ol style="list-style-type: none"> <li>1. Sex</li> <li>2. Romance</li> <li>3. Social activity</li> <li>4. Intimacy</li> </ol> <p>Time limit relationships</p>	<ol style="list-style-type: none"> <li>1. We are isolated and alienated from friends, loved ones, ourselves, and God.</li> <li>2. We go for extended periods of time without dating or sustained relationships.</li> <li>3. We use distancing strategies and build emotional walls.</li> <li>4. We withhold love and sex.</li> <li>5. We are emotionally unavailable.</li> <li>6. We react to people with repulsion or fear.</li> <li>7. We judge others.</li> <li>8. We think others are judging us.</li> <li>9. We react to people without knowing them.</li> <li>10. We resent the power others have over us.</li> <li>11. We fear intimacy and vulnerability and emotional and/or sexual nurturing.</li> <li>12. We are addicted to unavailable people.</li> <li>13. We are anxious and insecure.</li> <li>14. We have few healthy boundaries.</li> <li>15. We have distorted ideas about love and sex. We can confuse them with, for instance, <ul style="list-style-type: none"> <li>o Over-idealized preconceptions</li> <li>o Physical and sexual abuse</li> <li>o Enmeshment</li> <li>o Pity</li> <li>o The need to rescue</li> <li>o The need to be rescued</li> <li>o Immorality/shame</li> </ul> </li> <li>16. We may put on a false front of independence, self-sufficiency, martyrdom and/or deprivation.</li> <li>17. We avoid responsibility for ourselves by focusing on others.</li> <li>18. We deny our own feelings, wants, and needs, e.g., insecurity, dependency needs, stress, guilt, loneliness, anger, fear, and envy – avoiding nurture, care, and support.</li> <li>19. We seek to control and manipulate others.</li> <li>20. In place of intimate relationships, we may use: <ul style="list-style-type: none"> <li>o Fantasy</li> <li>o Pornography</li> <li>o Adult bookstores</li> <li>o Strip clubs</li> <li>o Compulsive masturbation</li> <li>o Anonymous sex</li> <li>o Hired sex workers.</li> </ul> </li> </ol>

This second table is going through the lists above & splitting the points into those that seem specific to anorexia and those that seem more general. At the end I have created a summary, with some additions of my own

Specific to anorexia	general
<p>50 questions</p> <ol style="list-style-type: none"> <li>1. Pessimism about relationships</li> <li>2. Avoid relationships</li> <li>3. Damaged capacity for intimacy</li> <li>4. Requiring relationships to be perfect</li> <li>5. Fears               <ul style="list-style-type: none"> <li>○ Being noticed</li> <li>○ Getting close</li> <li>○ Other people</li> <li>○ Sex</li> <li>○ Losing control</li> <li>○ Being uncomfortable</li> <li>○ Accepting invitations</li> </ul> </li> <li>6. Alone more than you want OR prefer being alone</li> <li>7. Trouble developing relationships (even non-sexual)</li> <li>8. Aloof</li> <li>9. Others exhaust you</li> <li>10. Drive others away</li> <li>11. Coldness</li> <li>12. Aggression</li> <li>13. Timidity</li> <li>14. Don't question choices</li> <li>15. Inappropriate ties to family of origin</li> <li>16. Love is missing</li> <li>17. Don't pursue relationship</li> <li>18. Isolating sexual habits (fantasy, masturbation]</li> <li>19. Avoid giving pleasure</li> <li>20. Avoid having pleasure</li> <li>21. Repulsed by sex</li> <li>22. Uncomfortable with nurturing</li> <li>23. Attracted to unavailable people</li> <li>24. (even in relationships) Long time without               <ul style="list-style-type: none"> <li>○ Sex</li> <li>○ Romance</li> <li>○ Social activity</li> <li>○ Intimacy</li> </ul> </li> <li>25. Time limit relationships</li> </ol>	<p>50 Questions</p> <ol style="list-style-type: none"> <li>1. Shame</li> <li>2. Feelings of inferiority/superiority</li> <li>3. Stay in bad relationships</li> <li>4. Envy</li> <li>5. Inauthentic demonstrativeness</li> <li>6. Fears               <ul style="list-style-type: none"> <li>○ Setting boundaries</li> <li>○ Vulnerability</li> <li>○ Showing emotions</li> <li>○ Telling the truth</li> <li>○ Rejection</li> <li>○ Looking foolish</li> <li>○ Being used</li> <li>○ Repeating past experiences</li> </ul> </li> <li>7.</li> </ol>
<p>LA Questions</p> <ol style="list-style-type: none"> <li>1. We are isolated and alienated from friends, loved ones, ourselves, and God.</li> <li>2. We go for extended periods of time without dating or sustained relationships.</li> <li>3. We use distancing strategies and build emotional walls.</li> <li>4. We withhold love and sex.</li> <li>5. We are emotionally unavailable.</li> <li>6. We react to people with repulsion or fear.</li> <li>7. We fear intimacy and vulnerability and emotional and/or sexual nurturing.</li> <li>8. We are addicted to unavailable people.</li> <li>9. We may put on a false front of independence, self-sufficiency, martyrdom and/or deprivation.</li> <li>10. We deny our own feelings, wants, and needs, e.g., insecurity, dependency needs, stress, guilt, loneliness,</li> </ol>	<p>LA questions</p> <ol style="list-style-type: none"> <li>1. We think others are judging us.</li> <li>2. We react to people without knowing them.</li> <li>3. We resent the power others have over us.</li> <li>4. We are anxious and insecure.</li> <li>5. We have few healthy boundaries.</li> <li>6. We have distorted ideas about love and sex. We can confuse them with, for instance,               <ul style="list-style-type: none"> <li>○ Over-idealized preconceptions</li> <li>○ Physical and sexual abuse</li> <li>○ Enmeshment</li> <li>○ Pity</li> <li>○ The need to rescue</li> <li>○ The need to be rescued</li> <li>○ Immorality/shame</li> </ul> </li> <li>7. We may put on a false front of independence, self-sufficiency, martyrdom and/or deprivation.</li> </ol>

<p>anger, fear, and envy – avoiding nurture, care, and support.</p> <p>11. In place of intimate relationships, we may use:</p> <ul style="list-style-type: none"> <li>○ Fantasy</li> <li>○ Pornography</li> <li>○ Adult bookstores</li> <li>○ Strip clubs</li> <li>○ Compulsive masturbation</li> <li>○ Anonymous sex</li> <li>○ Hired sex workers.</li> </ul>	<p>8. We avoid responsibility for ourselves by focusing on others.</p> <p>9. We seek to control and manipulate others.</p>
<p>MY summary:</p> <ol style="list-style-type: none"> <li>1. Compulsively isolating, especially in response to stress/fear/resentment</li> <li>2. Extended periods of time without dating or sustained relationships of any sort</li> <li>3. Relationships that lack love, sex, romance, intimacy, caring, nurturing, support, commitment, vulnerability</li> <li>4. Finding people annoying/ frightening/ exhausting</li> <li>5. Damaged ability to start and maintain relationships – attracted/addicted to unavailable people – inability to communicate feelings/our story</li> <li>6. Using distancing strategies/ building emotional walls <ul style="list-style-type: none"> <li>○ coldness,</li> <li>○ timidity,</li> <li>○ aggression,</li> <li>○ aloofness,</li> <li>○ expecting perfection in a relationship,</li> <li>○ emotionally unavailable,</li> <li>○ avoid giving pleasure,</li> <li>○ avoid receiving pleasure,</li> <li>○ time limiting relationships,</li> <li>○ withhold love and/or sex,</li> <li>○ inappropriate focus on family of origin</li> <li>○ rigidity</li> </ul> </li> <li>7. Isolating sexual habits <ul style="list-style-type: none"> <li>○ Fantasy</li> <li>○ Pornography</li> <li>○ Adult bookstores</li> <li>○ Strip clubs</li> <li>○ Compulsive masturbation</li> <li>○ Anonymous sex</li> <li>○ Hired sex workers.</li> </ul> </li> <li>8. False front of independence, self-sufficiency, martyrdom and/or deprivation.</li> <li>9. Denying own feelings, wants, and needs, e.g., insecurity, dependency needs, stress, guilt, loneliness, anger, fear, and envy</li> <li>10. Justifying isolation with religious beliefs</li> <li>11. Fears <ul style="list-style-type: none"> <li>○ Strong sexual feelings</li> <li>○ Nurturing</li> <li>○ Care</li> <li>○ Support</li> <li>○ Being noticed</li> <li>○ Getting close</li> <li>○ Other people</li> </ul> </li> </ol>	

- Sex
- Losing control
- Being uncomfortable
- Accepting invitations

12. Repulsion towards sex