

Characteristics of Sexual Anorexia

1. Sexual anorexia can be hidden underneath extreme behaviours, like sexual promiscuity, compulsive eating, compulsive cleaning, alcoholism and co-dependency; and/or deprivation behaviours like hoarding, compulsive saving, compulsive dieting, food anorexia and phobic responses.
2. Sometimes our distorted thinking has been influenced by culture, social or religious groups that view sex negatively.
3. Fearing sexual pleasure, we have rigid and judgmental attitudes about sex behaviours. Fearful of being discovered, we become socially and spiritually anorexic.
4. Preoccupied and obsessed with others being sexual, we have a vivid fantasy life.
5. We sometimes have a morbid and persisting fear of sexual contact; therefore, we obsess and are hyper-vigilant around sexual matters.
6. We can cycle from sex addiction to sexual anorexia out of deprivation and isolation but feel safer in sexual anorexia.
7. We have distorted perceptions of our body appearance. We sometimes fear being noticed at all and want to disappear.
8. We can have extreme loathing of body functions to avoid anything connected with sex.
9. We sometimes obsess, get depressed and/or have self-doubt about sexual adequacy.
10. We sometimes have excessive fear and preoccupation with sexually transmitted diseases.
11. We sometimes feel grandiosity from avoiding sex but still worry and obsess about the sexual intentions of others.
12. We sometimes have shame and self-loathing over sexual experiences and will react with self-destructive behaviour to limit, stop, or avoid sex.