



F.W.S. is Here to Serve You

Please consider making a donation to support F.W.S.
so we can continue to provide access to free and
inexpensive literature.

WHAT DOES FELLOWSHIP-WIDE SERVICES (F.W.S.) DO?

- ◆ Assist Newcomers
- ◆ List Meetings and Intergroups
- ◆ Publish and Ship Literature
- ◆ Support Worldwide Outreach

WHY IS MEMBER SUPPORT IMPORTANT?

F.W.S. is supported entirely by member contributions and
sales of literature. Your generous donations help provide
more services to S.L.A.A. members and the addict who
still suffers. Every amount helps.

thank you!



<https://slaafws.org/donate>

One-Time and Recurring Contributions

Or Give Instantly with Venmo

S.L.A.A. Fellowship-Wide Services

<https://slaafws.org>

[+1.210.828.7900](tel:+12108287900)



Usage Disclaimer:

Please do not copy or distribute this file.

More information at <https://slaafws.org/copyright>

1. All Rights Reserved. F.W.S. keeps all rights to the material.
2. All material and its contents in any format or medium are copyrighted and protected by the U.S. and International copyright laws.
3. Reproduction, transmission, or distribution in any format or medium of the copyrighted material is expressly prohibited.
4. Allowance is made for fair use for purposes referenced and provided for in section 107 of the U.S. Copyright Law. Fair use is a use permitted by copyright statute that might otherwise be infringing.
5. Copyright infringement is a violation of federal law subject to criminal and civil penalties.
6. The material and content in any format or medium is for general information purposes only. Do not rely on any material, content, or information as a basis for medical, business, legal, or other decisions.



ANOREXIA: SEXUAL, SOCIAL, EMOTIONAL

Sex and Love Addicts
Anonymous



THIS PAMPHLET IS S.L.A.A.
CONFERENCE-APPROVED LITERATURE

©1992 The Augustine Fellowship,
S.L.A.A., Fellowship-Wide Services, Inc.

This pamphlet is intended for sexual, social and emotional anorectics, that they may see themselves, know they are not alone and perhaps join us in the rewarding challenge of recovery in Sex and Love Addicts Anonymous.

What is Anorexia?

In Sex and Love Addicts Anonymous, we suffer from addiction to sex, love, relationship, fantasy, romance and codependency. However, there is still another addiction some of us suffer from: anorexia.

As an eating disorder, anorexia is defined as the compulsive avoidance of food. In the area of sex and love, anorexia has a similar definition: **Anorexia is the compulsive avoidance of giving or receiving social, sexual or emotional nourishment.**

Some Varieties of Anorexia

Some of us may not have had sex or been in a close personal relationship in years. Or we may be in partnerships but find it difficult to be emotionally close. We may be the members in S.L.A.A. who seldom speak in meetings, disappearing the instant the meeting is over. Or we may be those who, outside meetings, are barely social. Or we may be the kind who do not have intimate friendships. We may have many acquaintances but no one we're really close to. Or we may have close relations with only certain people, our children, say, but keep our distance from anyone else. There are many other varieties of anorectics as well. But whichever kind we are, all of us in some important way have distanced ourselves from experiencing love.

As anorectics or as people with anorectic tendencies, we may have a wide range of feelings and responses. Some of us feel overwhelmed in social settings. Others of us get high by socializing with a great many people in order to keep ourselves from intimacy with any one person. Some of us feel incapacitated by shyness in relationships with others. Others of us are in a relationship, but are passionate only in one arena of it; for instance, we may be emotionally invested in the relationship but remain sexually or socially unavailable.



Just as our feelings have a wide range, so do our behavior and patterns. For some of us, anorexia might take the form of an overwhelming dread of making phone calls. Some of us function well in particular situations, such as the workplace where intimacy is not usually valued, but find we are distant with family or friends. Others of us have used alcohol or drugs to become emotionally withdrawn. Or we have used them to become sexually, emotionally, or socially daring, while essentially remaining out of contact with others in any meaningful way. In this way, we have used other addictions to act out anorectically.

Anorexia May Be Difficult to Recognize

Anorexia is a form of sex and love addiction, but it is often hard to detect. Other forms of sex and love addiction themselves can mask anorexia. Indeed, anorexia may be masked so completely that the individual doesn't recognize that anorexia is present at all. Sexual promiscuity, for instance, may actually hide an avoidance of intimacy. Codependency, while producing the "appearance" of relationship, may actually hide a resistance to real relationship. Often, when S.L.A.A. members stop acting out their most obvious addiction they discover to their surprise that anorexia lies beneath their addiction after all.

There are anorectics, of course, who are aware of ways in which they are anorectic. But there are others of us who have no sense of what is lacking in our lives in matters of sex and relationship and social communion. Many of us don't even know what is possible. Some of us, for instance, know we can give love, but have no idea that love might be given to us. Others of us know only what it is to respond to other people's needs, but don't know what our own needs might be. Some of us have never known social joy, or honest intimacy, or emotional reciprocity. We have no sense of these things. Faced with getting our needs met, we are baffled because we can't even name these needs.

Anorexia is not just fear of intimacy. In some way, every person alive is afraid of intimacy, for shyness, modesty and a sense of privacy are natural human



endowments. But we anorectics have made fear of intimacy into a fixed policy, automatically operating. And anorexia may operate without a hum, with scarcely a ripple.

For while there are blatantly acted-out forms of anorexia, there are also quiet, subtle forms of it. Some anorectics may be in no other way addicted. However, beneath the surface, anorexia is a busy addiction: it consists of not doing something, and not doing something, and not doing something. Not trusting, not committing, not surrendering. Here, unlike picking up a drink or shooting up a drug, anorexia's symptoms are obscure, uneventful. Here anorectics don't act-out, they act-in — by refusing to act. For anorexia maintains itself by industriously declining to allow movement; outwardly the anorectic may appear to be quite still; inwardly the anorectic may feel quite still also. And so the anorectic pattern may remain invisible. Numbness to itself may make anorexia additionally difficult to notice as well.

Anorexia is a great disguiser. It can look like natural shyness or modesty or reserve. Even when hidden under extroversion or charm, anorexia often maintains a quiet, status-quo state. It can even put on the face of spiritual purity. And neutral or vivid, it can go on for years unsuspected.

One day, however, we anorectics begin to realize that we have been living our lives for a long time without love. We observe the absence of closeness in certain areas of our lives and we observe that we are engaged in a policy of dread of others, and a strategy to keep them at bay. Whether our anorexia is social, sexual or emotional, we awaken to the fact that we are not experiencing the giving and receiving of love that is so precious to human life.

Having become aware of this lack of love in our lives, we may then have tried to change our conduct. If we found we could not change it, we may come to understand we are addicted to it: it was conduct we repeatedly engaged in and could not stop despite its consequences.

Are You Anorectic?

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 of time without being involved in a sexual or romantic relationship? |
| — | — | 2. | Do you go without social activities for extended periods of time? |
| — | — | 3. | Although in a relationship, have you found that, for a long while, you have not experienced: romance? sexuality? intimacy? friendship? |
| — | — | 4. | Are you alone more than you want, but feel unable to change that? |
| — | — | 5. | At work do you have trouble developing relationships? |
| — | — | 6. | Do you avoid relationships with a certain gender? |
| — | — | 7. | Do you stay aloof when in groups? |
| — | — | 8. | Are you afraid of being noticed? |
| — | — | 9. | Does being in the presence of others exhaust you? |
| — | — | 10. | Do you habitually panic or push people away when they start getting too close? |
| — | — | 11. | Do you usually try to withdraw from or completely control emotions? |
| — | — | 12. | Do you feel uncomfortable when offered nurturing? |
| — | — | 13. | Do you usually dread encountering someone to whom you are attracted? |
| — | — | 14. | Do you feel safer when a relationship remains at the level of flirting and intrigue? |
| — | — | 15. | Do you feel a deep pessimism about your ability to experience a lasting intimate relationship? |
| — | — | 16. | Are you continually attracted to people who don't meet your needs? |
| — | — | 17. | Are you afraid to relax around people because you fear it might lead to a sexual situation? |
| — | — | 18. | Do you fantasize about having a |



Yes No

relationship without actually pursuing a relationship?

- | | | | |
|---|---|-----|---|
| — | — | 19. | Do your sexual habits (masturbation for instance) keep you from relationships? |
| — | — | 20. | Anhedonia means the refusal to receive or give pleasure. Do you practice it? |
| — | — | 21. | Do you regularly disown your physical and emotional need for others? |
| — | — | 22. | Do you have a hard time playing and having fun with others? |
| — | — | 23. | Is it so difficult for you to set healthy boundaries with others that you withdraw entirely? |
| — | — | 24. | Does everything have to be perfect before you get involved? |
| — | — | 25. | Do you envy more outgoing people? |
| — | — | 26. | Do you feel your demonstrativeness is inauthentic? |
| — | — | 27. | Does shame about your life cause you to avoid relationships? |
| — | — | 28. | Do you use your feelings of superiority or inferiority to set yourself apart from others? |
| — | — | 29. | Do you think that no healthy, attractive person or group of people would want someone like you? |
| — | — | 30. | Do you have a hard time letting people know you care about them? |
| — | — | 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? |
| — | — | 32. | Do you stay in relationships because you feel you don’t deserve anything better or can’t have anything different? |
| — | — | 33. | Do you find it overwhelmingly difficult to show emotion or to tell the truth to someone you wish to be involved with? |
| — | — | 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?
—	—	36. Is your fear of rejection or of looking foolish so intense that you seem to be permanently stuck?
—	—	37. Do you suspect that your capacity to move toward intimacy with another is damaged or dead?
—	—	38. Do you have an overwhelming fear of being socially, sexually or emotionally exploited or used?
—	—	39. Do you usually feel resentful or envious toward people who have intimate relationships or active social lives?
—	—	40. Do you find sex repugnant?
—	—	41. Do you feel sex is only for healthy people and will therefore never be for you?
—	—	42. Are you more open to people you cannot be sexually close to?
—	—	43. When you do date someone, do you set a time limit beforehand on how long you will date that person?
—	—	44. Are you tied to your family of origin to the exclusion of others?
—	—	45. Are you mainly attracted to unavailable people?
—	—	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?
—	—	47. Do you feel more comfortable or more in control when you decline sex or relationship or social invitations?
—	—	48. Are you habitually more open to strangers than those you are close to?
—	—	49. Do you feel so different from others that you are afraid no one can care about you or understand you?
—	—	50. Do you feel that love is missing from your life, yet don't know what to do about it?



What to Do Now?

If enough questions here seem to apply to you, you may feel relieved - or you may feel stunned or doomed or angry at this moment - and all these would be natural responses. However, if something fundamental in your being has been touched by these questions, we do want to say this to you: you are not alone. There are many who are in the same situation as you. There are many who respond as you do and who feel as you do. Or who once felt that way.

We are the anorectic members of Sex and Love Addicts Anonymous. We know that there may have been good reasons for our having become anorectic; we also have come to realize that there is nothing to blame ourselves for in being anorectic; but now we want nourishing emotional, sexual and social lives. Our anorexia may have come out of a precious sense of ourselves and of our own preservation, but still we want to change; we don't want to go on being anorectic. We have begun to do the work of recovery and change in Sex and Love Addicts Anonymous. To build that recovery, we endeavor to stop acting out a pattern of sex and love anorexia and we work the 12 Steps of S.L.A.A. We have found, no matter how different or alone we feel, that reaching out to others - to give help and to ask for it - helps us to recover from our anorexia. That's why we are reaching out to you here to invite you to an S.L.A.A. meeting. Anorexia is a part of sex and love addiction, and S.L.A.A. meetings are places for anorectics to be heard, and to hear, in turn, about the addiction of anorexia and about recovery from it. There we discover what the recovery process is for each of us.

Any S.L.A.A. member may speak about anorexia at any S.L.A.A. meeting, but some S.L.A.A. meetings have a specific focus on anorexia. If you are hesitant to go to a meeting, or if you simply want to speak to a fellow anorectic, Fellowship-Wide Services will give you the phone number of an anorectic in the Fellowship you can call.

If there isn't an anorectic meeting near you, you may want to start one. Please contact the Fellowship-Wide Services office for more information. Whatever you decide to do, the first step toward recovery from addiction is usually to move towards others who have the addiction and want to recover from it too. We warmly invite you to join with us.



Many of us who have united for the common purpose of recovery from anorexia have begun to experience new and awakened lives. We have seen the miraculous removal of ancient blocks and previously unquestioned habits. We have opened ourselves to life - our own and each other's. We have found social communion, relationship, marriage, closeness, and friendship. We have found true affiliation with a wide and unexpected variety of people in the fellowship. We are also discovering how to live healthy lives alone, yet without being anorectic. But more than this, we continue to find our own way to a serenity of spirit that is a surprise and a delight to ourselves and to people around us.

Finally, we would like to say that your recovery is essential to ours. So each new member brings a fresh understanding and a new possibility for recovery for all.

The fellowship of Sex and Love Addicts Anonymous welcomes you!

Twelve Steps of S.L.A.A.*

1. We admitted we were powerless over sex and love addiction—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with a Power greater than ourselves, praying only for



knowledge of God's will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts and to practice these principles in all areas of our lives.

**©1985 The Augustine Fellowship, Sex and Love Addicts Anonymous, Fellowship-Wide Services, Inc. All Rights Reserved. The Twelve Steps are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism only. Use of the Twelve Steps in connection with programs and activities, which are patterned after A.A., but which address other problems, does not imply otherwise.*

TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted that we were powerless over alcohol—that our lives had become unmanageable. 2. Came to believe that a Power greater than ourselves could restore us to sanity. 3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*. 4. Made a searching and fearless moral inventory of ourselves. 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. 6. Were entirely ready to have God remove all these defects of character. 7. Humbly asked Him to remove our shortcomings. 8. Made a list of all persons we had harmed and became willing to make amends to them all. 9. Made direct amends to such people wherever possible, except when to do so would injure them or others. 10. Continued to take personal inventory and when we were wrong promptly admitted it. 11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out. 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Twelve Traditions of S.L.A.A.*

1. Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.
2. For our group purpose, there is but one ultimate authority—a loving God as this Power may be expressed through our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves an S.L.A.A. group, provided that as a group they have no other affiliation.
4. Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the sex and love addict who still suffers.
6. An S.L.A.A. group or S.L.A.A. as a whole ought never endorse, finance, or lend the



- S.L.A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.
 8. S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers.
 9. S.L.A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
 10. S.L.A.A. has no opinion on outside issues; hence the S.L.A.A. name ought never be drawn into public controversy.
 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow S.L.A.A. members.
 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

**©1985 The Augustine Fellowship, Sex and Love Addicts Anonymous, Fellowship-Wide Services, Inc. All Rights Reserved. The Twelve Traditions are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Traditions does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism only. Use of the Twelve Traditions in connection with programs and activities, which are patterned after A.A., but which address other problems, does not imply otherwise.*

TWELVE TRADITIONS OF ALCOHOLICS ANONYMOUS

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.



PUBLICATIONS

Available from:

1550 NE Loop 410, #118
San Antonio, TX 78209 U.S.A.

Tel: 1-210-828-7900

Fax: 1-210-828-7922

Web: <http://www.slaafws.org>

BOOKS

Sex and Love Addicts Anonymous: Basic Text

A State of Grace: Daily Meditations

WORKBOOKS

The Step Questions Workbook

***For a full list of available S.L.A.A.
literature, visit our website at:***

