

# SAINA Questionnaire

## The first steps of recovery from sexual and intimacy anorexia

The first thing a sexual or intimacy anorexic must be willing to do is accept that she/he is in the midst of a progressive dis-ease and that she/he needs to have a desire to get well. In our experience we have seen that the SAINA program will work for any person who has a willingness to stop being sexual and intimacy anorexic. The key is a willingness to be willing.

## How to know if you are sexually or intimacy anorexic

Below are a list of characteristics that can give insight into whether you identify as sexual and/or socially and/or intimacy anorexic. Most people come to SAINA when they become aware and most importantly willing to admit that they have difficulties with intimacy. In SAINA a sexual and intimacy anorexic is often a person who can find it difficult to create and maintain loving intimacy and loving intimate relationships.

It is believed that despite the availability of information, fewer than 5% of people with some of these forms of anorexia seek help or treatment in the year following initial onset. And more than a third of people report symptoms for 10 or more years before seeking help.

So, wherever you are in your level of awareness or discomfort of your symptoms, this list can help you to identify areas you may like to look at.

Please know there is a space for you to get help in recovery from sexual and intimacy anorexia. There is hope.

## The Questionnaire

Most sexual and intimacy anorexics will answer 'yes' to at least 6 of the following questions in one or more sections. Be honest as you answer, if you are not in a relationship you may reflect on your behaviour when you were or for some questions you might consider how a partner (present or previous) or a good friend would describe you in your relationships and interactions.

It is quite a list, and may bring up emotions or difficult feelings, so take your time and compassionately honour any feelings that may arise for you. Or you may prefer to move intuitively, answering quickly with a gut response and not dwelling on any implications until a later time.

	Yes	No
<b>GENERAL ANOREXIA</b>		
1. Is your isolation making you unhappy?	_____	_____
2. Does fantasy about deeper connection with real or fantasied friends or a romantic relationship distract you during your days or nights?	_____	_____
3. Does your isolation contribute to making you feel like you are different or not worthy of relationships?	_____	_____

4. Do you keep so busy you have little time for relationships or social events? \_\_\_\_\_
5. Have you had power struggles with a partner or a loved one? \_\_\_\_\_
6. Do you ever feel misunderstood or have difficulty in communicating with others? \_\_\_\_\_
7. Do you find it difficult to receive compliments or attention either physically, sexually, emotionally, or socially? \_\_\_\_\_
8. Do you have an unwillingness to care for and/or value yourself: Living in self-imposed deprivation; denying your basic needs around appearance, self-care, hygiene, attire, diet, exercise? \_\_\_\_\_
9. Do you have high levels of anxiety in social or intimate situations? \_\_\_\_\_
10. Do you feel inadequate, unworthy, or afraid? That the way you feel on the inside doesn't match what you see on the outsides of others? \_\_\_\_\_

### SEXUAL ANOREXIA

11. Do you or have you gone through episodes where you experience symptoms of sexual compulsivity or sexual addiction; acting out or 'binging'? \_\_\_\_\_
12. Do you feel like you have control of feelings of despair and preoccupation with sex by rejecting sex and intimacy in your relationships? \_\_\_\_\_
13. Have you been sexually abused or raped? \_\_\_\_\_
14. Did you have a strict religious upbringing about sex? \_\_\_\_\_
15. Do you have a negative attitude to sex? \_\_\_\_\_
16. Do you have an anxiety or fear of sexual intimacy, sexual contact, sexual pleasure, sexually transmitted diseases, etc? \_\_\_\_\_
17. Do you have a preoccupation, with sexual matters, including the sexuality, sexual intentions and sexual behaviours of others, and/or your own sexual adequacy? \_\_\_\_\_
18. Do you have negative, rigid, or judgmental attitudes about sex, body appearance and/or sexual activity? \_\_\_\_\_
19. Do you have shame and/or self-loathing over sexual experiences or being sexual with another? \_\_\_\_\_
20. Do you have self-destructive behaviour(s) to avoid, limit or stop sex? \_\_\_\_\_

## INTIMACY ANOREXIA

21. Do you avoid conflict, or are you quick to blame others as a first reflex? \_\_\_\_\_
22. Do you withhold praise, love or affection from your partner? \_\_\_\_\_
23. Do you withhold sex from your partner, or dissociate when being intimate/having sex? \_\_\_\_\_
24. Do you withhold emotional or spiritual connection from your partner? \_\_\_\_\_
25. Are you unwilling or unable to share your feelings in relationships? Do you go blank or silent when feelings come up or you are asked about your feelings? \_\_\_\_\_
26. Do you use anger or silence to control your relationships? \_\_\_\_\_
27. Do you have ongoing ungrounded criticism (spoken or unspoken) towards people in your life? \_\_\_\_\_
28. Are you judgmental, controlling or shaming towards others, especially partners, around money or spending, giving or receiving? \_\_\_\_\_
29. Does pressure in your relationship, or lack of authentic relationships cause you to have difficulty sleeping or consider drinking or binging in other addictions? \_\_\_\_\_
30. Do you justify your relationship status by telling yourself that you are superior to 'other' people, and/or fantasise that you will meet 'the one' and live happily ever after? \_\_\_\_\_

## SOCIAL ANOREXIA

31. Do you feel anxious or panicky before social situations? \_\_\_\_\_
32. Do you fear you will be negatively evaluated by others when in social situations? \_\_\_\_\_
33. Do you avoid social situations because of fear or anxiety? \_\_\_\_\_
34. Is it easy to imagine that others are judging you as anxious, weak, crazy, stupid, boring, intimidating, dirty, unfashionable or unlikable when in a group setting? \_\_\_\_\_
35. When in social situations do you worry that people will notice you are experiencing anxiety symptoms, such as blushing, trembling, sweating, stumbling over your words, or staring? \_\_\_\_\_
36. Are you extremely conscious of your actions when in social settings because you fear you may offend someone, or you could be rejected? \_\_\_\_\_

37. Do you experience worry around certain social situations? And is this worry out of proportion to the threat posed by the social situation? \_\_\_\_\_
38. Do you avoid situations where you think you may be the centre of attention ie not making birthday plans or skipping office or Christmas parties or family/school reunions? \_\_\_\_\_
39. Do you refrain from certain activities because of fear of embarrassment? \_\_\_\_\_
40. Have you made your world small by dropping out of group activities you used to do, or have you quit work or left or discontinued education to avoid social connection? \_\_\_\_\_

So, what was your score? If you answered 'yes' to 6 or more questions in one or more sections, then it's likely you have some issues around sexual and intimacy anorexia. If so, acknowledging this may be the beginning of a new healing journey for you.

By many different means each of us in the SAINA rooms have arrived at this same point. From here we can either continue on the familiar path, that tempts us into further isolation, loneliness, despair, dis-ease, and in some cases mental institutions or suicide. Alternatively, we can take a leap of faith with God and the fellowship, this choice can lead to healing, self-respect, self-love, self-esteem, personal fulfilment, healing, connection, interdependence and loving relationships.

*"If we always do what we've always done we will always get what we always got." -Henry Ford*

Only you can decide which is the path for you. Based on your answers to the above questions you may make the decision that SAINA is the relevant or right place for you. We do encourage you to take the unfamiliar path and let faith guide you in grace to a new and healing terrain.

*For more information and meetings see [saina.uk](http://saina.uk)*

*References;*

*<http://intimacyanorexia.com/ia-test/>  
<https://www.psycom.net/social-anxiety-test/>  
<https://www.psycom.net/social-anxiety-disorder-overview>  
<https://www.gentlepathmeadows.com/conditions-we-treat/emotional-trauma/sexual-anorexia/>*