

What is Anorexia in S.L.A.A.?

Within Sex and Love Addicts Anonymous, sexual, social, and emotional [anorexia](#) may take a variety of forms.

This document is intended for sexual, social, and emotional anorectics, that they may see themselves, and know they are not alone.

Possible Signs of Social, Emotional, or Sexual Anorexia:

- we may not have had sex or been in a close personal relationship in years
- we may be in partnerships but find it difficult to be emotionally close
- we may have many acquaintances but no one we're really close to
- we may have close relations with only certain people, our children, say, but keep distance from anyone else
- we may feel overwhelmed in social settings
- we may feel incapacitated by shyness in relationships with others
- we may be emotionally invested in a relationship but remain sexually or socially unavailable
- we may have an overwhelming dread of making phone calls
- we may function well in the workplace where [intimacy](#) is not usually valued, but find we are distant with [family](#) or friends

There are many other varieties of anorectics, but whichever kind we are, all of us in some important way have distanced ourselves from experiencing love. Faced with getting our needs met, we are baffled because we can't even name these needs. However, beneath the surface, anorexia consists of 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, and uneventful. 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.

<https://slaafws.org/kb/general/anorexia/what-is-anorexia/>