

Intimacy Anorexia Questions Part 1

November 28, 2023

1. In a married relationship with two sex addicts how do you manage between not triggering each other or not continuing to enable each other's addiction and yet not acting out in the default IA?
2. Can a person with IA fully recover and no longer default to withdrawing and putting up walls to protect themselves?
3. How does one with IA remove the walls they built to protect themselves?
4. How should you address or properly deal with their forced perspective or seeming gaslighting? I've had to go to the extent of keeping a journal of what actually happened during an argument, when we had sex, etc to avoid being manipulated into believing their version of events of "you did this that and the other thing, you're in the wrong, not me" or "we just had sex, why are you complaining" when it's actually been days or even weeks.
5. How to work on IA as a single person?
6. As a partner supporting someone with IA, how do you walk the line of being caring and understanding but also not accepting that they stay the way they are in the IA pattern?
7. IA can be many pieces. How do you best begin to tackle it?
8. I married a capable skilled person who is a quiet, relaxed introvert and is recovering from IA. When I ask for their help with smaller/medium house projects/wishes (not daily chores) and they resist, is that IA behavior because I am the one asking or their just procrastinating nature? How do you distinguish between IA and my spouse's personality?
9. Why do I see the results of working through IA in my marriage but when I am alone still feel overwhelming loneliness?
10. If part of the IA is not being open about emotions how can the partner help start the conversations if we can read their cues that something is wrong?
11. Is there an IA recovery program? It feels like there is so much structure with boundaries, consequences, and accountability for the love/sex/porn addicts yet when it comes to their IA addiction it feels like a very "at your own pace" recovery and we can't even call them out on it without suffering even further IA behaviour.
12. Can someone with IA who withholds sex and has no desire for it really heal and come to enjoy and initiate? It feels like it may never happen.

13. What's the difference between "Intimacy Anorexia" and a "Fear of Intimacy"? Can you have one without the other?
14. How can one have a healthy disagreement with their spouse (even about something unrelated to their marriage/relationship) and NOT have the spouse pull out "while you have IA, so any disagreement will be immediately labeled arguing and that's IA, so now you're in trouble" and use it as a cudgel (club) to just always get their way?
15. How is it that we turn to intimacy with others so easily, while intimacy within our marriage feels difficult, forced, unappealing?
16. What are some ways to tackle being sexually absent? Including feeling lack of desire, making excuses, and not enjoying times of intimacy.
17. How does one change the distance between my wife and I, to pursue her, when my IA stops me in my tracks?