

INTIMACY ANOREXIA QUESTIONS – PART 2

December 3, 2023

1. In betrayal recovery and relationship repair, how does one actually discern between IA behavior or just simply hurt/pain that's creating distance and lack of intimacy?
2. I've noticed within myself that since I've been really working on my IA that my sex addiction has slowed to a halt. Is it possible to have a better control through God's grace as I work through the hard stuff with my IA? (if this question makes any sense).
3. What should I do if my spouse has Intimacy anorexia, but they don't initiate dailies with me, and they are unwilling to do consequences for that (and other) acting in behaviors?
4. When my IA spouse starts to "act in" – do things to pull away from me or push me away – how should I respond in that moment?
5. It's really hard not to be hurt and upset when my IA spouse flips things around on me...gets mad at, and blames me for, sites my reactions to the hurt they caused me through their "distance creating" IA behaviors. That seems so unfair! What should I do in this situation?
6. With IA, when I'm really scared of moving towards my spouse and being vulnerable with my feelings and emotions, what are some anchoring truths that can help me to do so regardless of my fear?
7. How do we work towards spiritual, emotional, and physical connection when opening up and growing closer is exactly what triggers their IA response to retreat, distance themselves, and withhold my love languages?
8. My husband and I have a sexual agreement where we're intimate 3-4 times per week and we rotate initiation every time. When it's his turn to initiate, he waits several days for me to bring it up. And times when he does initiate, he wants to be intimate several times in a short period of time. I'm hesitant to say no since he's initiating and showing interest. Should I continue to bring it up when he doesn't initiate? How would you suggest balancing the extremes?
9. How do you overcome the effects of my IA as a partner and heal from my spouse's betrayal related to SA at the same time?
10. If I am currently withholding intimacy due to relational conditions that feel unsafe and unloving, does that make me an intimacy anorexic?
11. Having IA has helped me to avoid intimacy and feel safer than being intimate with my spouse. If I do all the IA work and get rid of my intimacy anorexia...what would that look like for me in my marriage? What would that be like for my spouse and what would it be like for me? Can you give some examples of some success stories?
12. What should I expect that the accountability partner for my IA spouse to be holding them accountable for?
13. At what point do I move towards him, and start showing him pieces of intimacy?
14. Am I obligated to give intimacy immediately, or should safety and trust be cultivated and established first?
15. If I don't remind my IA spouse to do the 3 dailies...they sometimes just don't do them. Should I be reminding them, or not - even if they don't do them?

16. Some people really struggle to accept that they have intimacy anorexia...what can be done to help someone get to that place of acceptance and willingness to deal with it?
17. What are my options if my spouse continues to act in with very little evidence of change or willingness to change?
18. How can I respond to an IA spouse when I clearly see the IA behaviour is happening? (like blaming or the negative story about me).
19. What is it about marriage that changes our spouse's behaviour? Things were so different – warm, loving and friendly – when we were dating and engaged. Did my sexual addiction cause this or make it worse or is it about their IA behaviour was hidden?
20. How do you try and connect physically with your spouse (husband) while dealing with the effects of being extremely IA?
21. How do you overcome the effects of IA and heal from your spouse's betrayal at the same time?
22. My IA spouse has been slowly planning and doing things more separately – alone and without me – like driving separate cars, watching TV alone, separate activities – without asking to involve me at all. How should I handle this?
23. What boundaries are acceptable for IA partners, seeing that he is making priorities separate intentionally or not?
24. How do we know if what our husband is telling the 'wingman' is true? I feel that there should be some way to verify these conversations with the wingman. I almost feel the wingman should be accountable to both the addict and the spouse.
25. How do we as counsellors and coaches prevent the IA paradigm from being used against the partner who has found out about the betrayal but is also IA?
26. If my partner is less than one month into active recovery, is it fair for him to expect me to move towards him with intimacy?
27. If children who have the same gender parent that is IA and the other parent isn't (at all) and showers them with love and affection what are the chances the children will not grow up to be IA?
28. What if the IA spouse works on their intimacy anorexia issues in regards to their spouse but never steps it up and shows praise, physical closeness or affection to their children? What happens then? To the kids?
29. How do you try and connect physically with your SA spouse while dealing with the effects of being extremely IA yourself?
30. How do you try and connect physically with your SA – IA spouse while dealing with the effects of partner betrayal trauma?
31. When my IA spouse is clearly pulling away from me (IA behaviour) what is the best way to address this? What would good boundaries or an agreement look like in this scenario?