

Intimacy Anorexia Materials

1. Intimacy Anorexia: The Book

This hidden addiction is destroying so many marriages today. In your hands is the first antidote for a person or spouse with anorexia to turn the pages on this addiction process. Excerpts from intimacy anorexics and their spouses help this book become clinically helpful and personal in its impact to communicate hope and healing for the intimacy anorexic and the marriage.

2. Intimacy Anorexia: The Workbook

This workbook is a practical guide with more than 100 tried and true exercises to help you heal from Intimacy Anorexia.

3. Intimacy Anorexia: The Stepbook

This workbook is the only 12 Step guide for Intimacy Anorexics to gain healing and recovery through the 12 step process.

4. Intimacy Anorexia: The DVD

This DVD explains what Intimacy Anorexia is, the cause of Intimacy Anorexia, symptoms, why it is an addiction and much more. This DVD is essential for you and your spouse to understand Intimacy Anorexia.

5. Married and Alone DVD

Anyone married to an Intimacy Anorexic has felt alone in their marriage. This DVD is great for both of you to watch as it gives practical snapshots to heal from the impact of anorexia.

These materials and others can be ordered from Heart to Heart Counseling Center.

If you have an Intimacy Anorexia Group in your area, notify Heart to Heart Counseling Center so that we may refer others to your group.

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Intimacy Anorexia Group Topics

My Withholding
Using Anger
What is Hate?
Abandoning Others
Honesty
Fear of Intimacy
Blame
Anorexic Strategies
Hope
Safety
Relapses
Control
Steps 1-12
Boundaries
Prayer
Maximized Thinking
Recovery Rituals
Feelings
How I Pull Away
Fun
Father Issues
Sexual Abuse

Accountability
Recovery Goals
Addiction in My
Family
Acts of Love
God's Grace
My Responsibility
My Future
Daily Struggles
Dangerous Emotions
Entitlement
What Works
Exercises with Spouse
Dating My Spouse
Friends
Humility
Turning It Over
One Day at a Time
My Daily God Time
My Worst Moment
The Gift of Recovery
What God is Doing

Intimacy Anorexia

Groups



What Are Intimacy Anorexia Groups?

Intimacy Anorexia Groups are support groups for people desiring to be free from withholding toward their spouse.

How Do They Work?

Anyone willing to start an Intimacy Anorexia group can do so. Intimacy Anorexia Groups are work groups. Group members are expected to read through the book Intimacy Anorexia, do the work in Intimacy Anorexia: The Workbook and Intimacy Anorexia: The Steps, keep the 5 commandments and do the Three Dailies with their spouse. Below are some guidelines for starting and maintaining an Intimacy Anorexia group.

Intimacy Anorexia Group Roles

1. The pointperson serves as the contact person for new members to be brought into the group. This is to protect the group from someone just dropping in on the group. The pointperson can serve for an indefinite amount of time but should be reconsidered after one year of service.
2. The chairperson of the meeting is responsible to start the meeting by asking the pointperson if there are any new people. The chairperson starts the introductions and selects the topic for group discussion. The chairperson serves the group for a maximum of 8 weeks. At that time, someone else volunteers.

Intimacy Anorexia Meetings

1. New Members: Any new members are introduced by the pointperson and are asked to verbalize their anorexic behaviors and their desire to have sobriety from these behaviors.
2. Introductions: Beginning with the chairperson of the meeting, introductions are completed as follows: The chairperson introduces themselves, shares their feelings, shares their boundaries and length of time free from those behaviors.

Example: "My name is John/Jane. I feel "alone" and "anticipation." My boundaries are no withholding through anger, criticism and limiting sex or praise from my spouse. I worked on Exercise #12-19 this week in the Intimacy Anorexia workbook and made four pages of progress in my Anorexia step workbook. I have done my Three Dailies with my spouse, 7 days out of 7 days this week and I have been sober for 39 days."

3. Discussion: The chairperson chooses a topic related to staying free from Intimacy Anorexia which the group discusses. Each member can share without feedback from the group unless feedback is specifically requested by that member.
4. Honest Time: Group members break off into 2-3 members and discuss thoughts, behaviors, struggles and successes since the last meeting specifically about anorexic behavior toward their spouse.
5. Closing Prayer: Group members come back together and repeat the Lord's Prayer as a group.

5 Commandments

For the first 100 Days of Recovery:

1. Pray in the morning, asking God to keep you giving toward your spouse today.
2. Read Intimacy related materials.
3. Call someone in your group and check in with that person during the day.
4. Meetings, attend every meeting possible.
5. Pray in the evening, thanking God for keeping you free from Intimacy Anorexia today.

3 Dailies

1. Two Feelings - Daily share two of your feelings from that day with your spouse.
2. Two Praises - Daily share with your spouse two positive things about them.
3. Pray - Daily pray out loud with your spouse.

Consequence: Set a consequence if you do not initiate the 3 Dailies with your spouse daily or if you are withholding sexually from your spouse.

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