Intimacy Anorexia

The Steps

Douglas Weiss, Ph.D.

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Twelve Steps of Alcoholics Anonymous adapted for Intimacy Anorexia

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Introduction

The Twelve Steps have helped millions of people recover from various types of addictions. This workbook takes us thoughtfully through our own personal recovery from intimacy anorexia. These steps allow us to work at our own pace and with as many people from our Twelve Step support group as we would like involved. Some Twelve Step groups use this for their step studies. Our hope is that you will experience encouragement as you take your personal journey into recovery. The journey of recovery from intimacy anorexia is one so worth taking. As you recover, your heart can begin to open and love in greater ways than you ever thought possible.

Other materials are also available through Heart to Heart Counseling Center that may be helpful in your recovery as well as telephone counseling nationwide. Additional information is given in the Appendix of this workbook. For further information please contact us at the following address or call us at 719-278-3708.

Heart to Heart Counseling Centers
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Step 1

We admitted we were powerless over our intimacy anorexia
that our lives had become unmanageable

We

We, all by itself can be scary for anyone struggling with intimacy anorexia. Since avoiding intimacy is our addiction, the word *we* could be concerning for an intimacy anorexic. *We,* however is the strength of a support group.

I is limited in ideas, resources, experiences and interpretation of reality. Having others see us and us seeing them allows us to grow expeditiously. *We* is the only move toward healing and recovery from intimacy anorexia.

What are other words that come to mind when you hear the word *We*?

1. _____ 2. _____ 3._____

What concerns do you have about moving from a "just me" to a "we" for your recovery?

_____

_____

What types of "we" groups have you been involved in the past?

1. _____

2. _____

3. _____

4. _____

Why were you involved with those groups?

1. _____

2. _____

3. _____

4. _____

Why do you want a *we* group to help you with in your recovery from intimacy anorexia?

_____

_____

We can be especially hard for intimacy anorexics because we have lived so much of our lives isolating ourselves from others. When you came into a support group and experienced that *we* is really available, and that there are other people who struggle with the same issues you do, what were some of the feelings you had when you began to realize that you were not alone in this process?

I felt _____

When we realized we were not alone in our intimacy anorexia recovery, a feeling of being known and still being accepted energizes us to the point where we desire to stay in our group. What are some of the strengths you can see this *we* group adding to your intimacy anorexia recovery?

1. _____ 3. _____

2. _____ 4. _____

What are some of the struggles you anticipate when honestly opening up to a group about your intimacy anorexic behaviors and letting them support you?

1. _____

2. _____

3. _____

4. _____

Many intimacy anorexics like to present mostly their "good self" and not flawed self. How do you intend to practice being your authentic self to a support group so you can make progress in your intimacy anorexia?

1. _____

2. _____

3. _____

4. _____

Admitted

Admitted means we have acknowledged what has been a fact. We need to admit before we can become and stay clean. In Step One, what are you trying to admit to yourself that is probably already a known fact to others?

1. _____

2. _____

3. _____

Who else already knows this fact?

1. _____

2. _____

3. _____

4. _____

How do they already know what you are admitting about yourself? For each person listed, give examples of how they may already know about your intimacy anorexia.

1. _____

2. _____

3. _____

4. _____

Admitting your intimacy anorexia is one of the hardest things you will ever do! What are some of the feelings you are having about admitting you are a intimacy anorexic?

I feel _____

I feel _____

I feel _____

Begin the Journey of Recovery

Intimacy Anorexia is a hidden addiction that is destryoing many marriages today. The Twelve-Steps of recovery have helped millions walk out of the grip of various addictions. This workbook follows in the tradition of the Twelve-Steps breaking down the various principles for readers so that they can experience freedom from intimacy anorexia. It is our hope that you will join the millions who have received help in their personal recovery using these Twelve-Steps..

Be encouraged. The exercises in this book have been successfully completed by numerous intimacy anorexics before you. I have seen the miracle of recovery happen to those who take their recovery work seriously. So if you can be diligent and fearless, I believe that you can have a greater life due to your recovery efforts.

Some of the Twelve Steps are:

Step One: *We admitted we were powerless over our intimacy anorexia that our lives had become unmanageable.*

Step Two: *Came to believe that a Power greater than ourselves could restore us to sanity.*

Step Three: *Made a decision to turn our will and lives over to the care of God as we understood Him.*

About the Author

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