

Question about SLAA handbook

Posted by Eye.nonymous - 15 Aug 2009 20:19

I downloaded the SLAA handbook, which was mentioned in a GUE E-mail not too long ago. There's a page or two about "Anorexia," an addiction to avoiding relationships rather than an addiction to pursuing them.

I started wondering about myself. I've always considered myself shy and introverted, and I feel like I never have anything to say in social settings, to the point where it bothers me. But, I always assumed this was just my natural personality. Maybe if I worked on my self-confidence I'd get over it.

What's the difference between a normal introvert, and between someone who is anorexic to developing any sort of relationships with other people?

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Re: Question about SLAA handbook

Posted by Elya K - 26 Aug 2009 20:28

Patrick Carnes has a book on Sexual Anorexia. It's not necessarily a personality trait, but a compulsive aversion to anything. Food, sex, etc.

I would go to his site and he speaks about it there. sexhelp.com

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