



Sexual Anorexia Inventory

Sexual Anorexia can best be described as “terror of sex.” Generally, this condition occurs after a woman has endured years of sexual abuse. For a season after the abuse, she may go into a period of extreme acting out via promiscuity. Eventually the pendulum swings the other way and a woman can go into a condition referred to as sexual anorexia.

This small inventory can tell you are so shut down sexually that you’ve gone into sexual anorexia.

Check the lines that apply to your situation:

- A dread of sexual pleasure
- A morbid and persistent fear of sexual contact
- Preoccupation with others being sexual
- Obsessive concern or worry about the sexual intentions of others
- Intimacy avoidance because of sexual fear
- Extreme loathing of body functions
- Shame and self-loathing over sexual experiences
- Self-destructive behavior to limit, stop, or avoid sex

If you checked more than three boxes in this inventory, you might need to consider that a serious emotional problem might be present that needs looking out with professional help.

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