



Identifying Intimacy Anorexia

By Dr. Dave Currie

Instructions: Respond to the following questions about your *“usual behaviour”* over the last 3 years. If it’s 51% yes, say “yes”. If it’s 51% no, say “no”. We’ll discuss your perspectives on each other to determine whether you are an Intimacy Anorexic, Reactive Intimacy Anorexic or neither. 5 or more ‘yeses’ are evidence of this relational paradigm of understanding – operating style.

HIM: _____ **HER:** _____ **Date:** _____

About Yourself - Usual Behavior

	Husband		Wife	
1. Do you stay so busy to avoid or not have ‘US’ time?	Yes	No	Yes	No
2. Do you blame your spouse for most issues between you?	Yes	No	Yes	No
3. Do you withhold love, warmth and affection from them?	Yes	No	Yes	No
4. Do you withhold praise or appreciation from them?	Yes	No	Yes	No
5. Do you withhold sex or are not present when intimate?	Yes	No	Yes	No
6. Do you withhold spiritual connection from them?	Yes	No	Yes	No
7. Do you withhold sharing your real feelings with them?	Yes	No	Yes	No
8. Do you control your spouse with your silence or anger?	Yes	No	Yes	No
9. Do you give ongoing criticism that causes isolation?	Yes	No	Yes	No
10. Do you control/shame over money/spending issues?	Yes	No	Yes	No
11. Do you mainly live as roommates not friends/lovers?	Yes	No	Yes	No

___/10 ___/10

About Your Spouse – Usual Behavior

	Husband		Wife	
1. Does spouse stay so busy to avoid or not have ‘US’ time?	Yes	No	Yes	No
2. Does spouse blame you for most issues between you?	Yes	No	Yes	No
3. Does spouse withhold love/warmth/affection from you?	Yes	No	Yes	No
4. Does spouse withhold praise or appreciation from you?	Yes	No	Yes	No
5. Does spouse withhold sex/not present when intimate?	Yes	No	Yes	No
6. Does spouse withhold spiritual connection from you?	Yes	No	Yes	No
7. Does spouse withhold sharing real feelings with you?	Yes	No	Yes	No
8. Does spouse control you with their silence or anger?	Yes	No	Yes	No
9. Does spouse give ongoing criticism that causes isolation?	Yes	No	Yes	No
10. Do they control/shame over money/spending issues?	Yes	No	Yes	No
11. Do you mainly live as roommates not friends/lovers?	Yes	No	Yes	No

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COMMENTS:

Note: Intimacy Anorexia is a conceptual framework developed by Dr. Doug Weiss. His work has inspired this assessment tool.