



You Shouldn't Be Surprised: The Intimacy Anorexia Roots Scale

By Dr. Dave Currie

Instructions: Circle the level to which each statement is true of you from birth to age 18. Score 1 as low & 5 as high with 0 as no effect at all. The term “parent” will refer to parents, step-parents or any live-in partners that you resided with growing up.

Name: _____ Current IA Score: _____ Date: _____

To what degree did you experience:

Score:

- | | | | | | | |
|---|---|---|---|---|---|---|
| 1. Growing up feeling unloved, unvalued and a burden to your parent(s) | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. No or few words of parental affirmation, encouragement or appreciation | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. No or little expression of parental warmth, caring touch and loving affection | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. No or little acceptance or attachment wondering why parents didn't love you | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. No or little parental nurture or comfort in your times of stress, fears or tears | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. Self-absorbed, neglectful parent(s) who are unavailable/absent with no time for you | 0 | 1 | 2 | 3 | 4 | 5 |
| 7. Parents who were not close or showed little love and caring interest in each other | 0 | 1 | 2 | 3 | 4 | 5 |
| 8. Parents showing sexual dysfunction, marital unfaithfulness or relational calamity | 0 | 1 | 2 | 3 | 4 | 5 |
| 9. Living in fear of a parent, avoiding them or walking on eggshells around them | 0 | 1 | 2 | 3 | 4 | 5 |
| 10. Physical abuse from a parent with hits, violence or threats of harm or harshness | 0 | 1 | 2 | 3 | 4 | 5 |
| 11. A home in chaos with parents with addictions (drugs, alcohol, gambling, sexual) | 0 | 1 | 2 | 3 | 4 | 5 |
| 12. Parents yelling and fighting and showing other signs of clear marital discord | 0 | 1 | 2 | 3 | 4 | 5 |
| 13. Broken family relationships, separation, divorce or the threat of the same | 0 | 1 | 2 | 3 | 4 | 5 |
| 14. Clear emotional abuse with anger, harshness, shaming, name-calling or blaming | 0 | 1 | 2 | 3 | 4 | 5 |
| 15. Spiritual abuse with controlling, guilt-based, manipulative faith/harsh judgement | 0 | 1 | 2 | 3 | 4 | 5 |
| 16. Never praying with a parent, discussing life issues or feeling open to share hurts | 0 | 1 | 2 | 3 | 4 | 5 |
| 17. Premature sexual exposure or any kind of sexual abuse/exploitation by any person | 0 | 1 | 2 | 3 | 4 | 5 |
| 18. Viewing pornography regularly with an increased pattern of masturbation | 0 | 1 | 2 | 3 | 4 | 5 |
| 19. Being sexually active in your teen years including but not exclusive to intercourse | 0 | 1 | 2 | 3 | 4 | 5 |
| 20. Ongoing sexual experiences with multiple partners after high school | 0 | 1 | 2 | 3 | 4 | 5 |

_____/100

Scoring: Add the numbers that you scored to get a total out of 100. The greater your IA Roots score – the more likely you will have been impacted by