

The Twelve Characteristics of Anorexia

1. We lived out chronic patterns of isolation and alienation.
2. We had a damaged self-image and suffered from feelings of inadequacy and worthlessness.
3. We chose unsatisfactory relationships because we didn't believe we deserved anything different.
4. We have had few romantic or intimate relationships and have gone long periods without a relationship.
5. We feared being vulnerable with others and avoided it at all costs.
6. We were drawn to people who were unavailable to us and could not meet our needs.
7. We have had difficulty trusting ourselves and others.
8. We avoided emotional or sexual intimacy in relationships.
9. We experienced a diminished sense of connection, satisfaction and meaning in relationships.
10. We felt different from others and believed that nobody could understand or care about us.
11. We lacked the ability to love, nurture, and care for ourselves.
12. We were alone more than we wanted, but felt helpless to change it.