



kort's korner

Characteristics of Sexual Anorexia and Growing Up Gay or Lesbian

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Sexual Anorexia	Growing Up Gay or Lesbian
A pattern of resistance to anything sexual.	A pattern of resistance to any same-sex attraction.
Continuing that pattern of avoidance, even though they may know it's self-destructive (e.g., may harm a marriage, prevent relationships).	Continuing that pattern of avoiding homosexuality even though they may know it's self-destructive (suicide, depression).
Going to great lengths to avoid sexual contact or attention.	Going to great lengths to avoid homosexual contact or attention.
Rigid or judgmental attitudes toward sexuality—their own and others.	Rigid or judgmental attitudes toward homosexuality—that of others and especially
Resistance and avoidance of deeper, more painful life issues.	Resistance and avoidance of exploring deeper, more painful life issues (which would promote a coming out process).
Extreme shame and self-loathing about their bodies, sexual attributes, and experiences.	Extreme shame and internalized homophobia about their own bodies, sexual attributes, and experiences toward the same sex.
Obsessing about sex and how to avoid it, to a point where it interferes with normal living.	Obsessing about homosexual sex and how to avoid it, to a point where it interferes with normal living.
Possible episodes of sexual bingeing or periods of sexual compulsivity.	Possible episodes of homosexual bingeing or periods of sexual compulsivity with same-sex experiences, thoughts, or looking at pornography.