

Fetishes

Posted by looking for help - 22 Jun 2022 14:55

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Hi Chevra,

I was wondering if anybody can you relate to this, and how you treat such a case. Since I'm a young boy I have had a terrible fetish to look at feet (from the knee down) as if it was a s\*x object. It gets me aroused more than anything else (and I mean 'anything'), I can go miles and miles, search for hours and hours, stand at the window etc. only to get a glimpse of a foot, especially if dressed (hosed) and worn in nice shoes. Men and women, no difference. I don't want to elaborate on this too much, not to trigger other people, but how do you deal with such a thing, I get aroused even in Beis Hamedrosh seeing other people dingeling/playing with their shoes. Never mind going on the streets passing women dressed in fine hosiery and nice shoes. Did anybody have any similar fetishes? Has anybody dealt with something like this? Has anyone succeeded?!

I must point out that I had this fetish as a kid many-many years before I knew anything bad. I still recall when a little stone fell into my shoe when I was a little kid, and I asked my Rebbi if I can go to the bathroom remove it, and he didn't understand me, he told me do it right here in class, take off your shoe and throw out the stone! I couldn't do it, for me it was like taking off my shirt (or worse) in middle of class...

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Re: Fetishes

Posted by Highroller - 22 Jun 2022 16:25

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Omg i feel its really bashert that you just posted this now - i also really struggle with this massively and the last few days i have really fallen badly, i have gone a bit crazy haha - i am not really sure what is going on, feel terrible about it, but that still doesnt stop me !!

So many times over the years, i have thought about going to therapy, but i personally think that it wont really help much and i can't really afford it at the moment and i would be very embarrassed to sit there and speak about the things i have done/do still.

Would love any suggestions and really crying out for help at the moment, because i am falling really badly !!

On the one hand i am being really spiritual at the moment and doing a lot of good things, but then at the same time i can doing really bad things and it just doesn't bother me at all ??!

A big thing for me is once i start then i cant just close up, as spent so much time previously messaging people and trying to arrange things - i always feel horrible deleting the messages etc after spending so much time on it

I was actually going to create my own post asking for help today, but then i saw this !!

Would be happy to speak with you, with a moderator/therapist , maybe even joint therapy or something like that for this particular issue !! Other people can also join - lets see what happens

I know i need to delete the fetish app that i have downloaded and keep on downloading, but i just cant bring myself to do it !!! its terrible

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Re: Fetishes

Posted by Highroller - 22 Jun 2022 16:54

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Just as an update i have now removed the App - TYH

Hopefully i can start fresh again from now

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Re: Fetishes

Posted by Vehkam - 22 Jun 2022 17:39

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I was in your position 7 months ago. You can break free. The GYE team as well as Relief can help guide you to the proper therapist. In the meantime feel free to message me I am pretty well versed in this field.

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Re: Fetishes

Posted by wilnevergiveup - 22 Jun 2022 17:41

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[looking for help wrote on 22 Jun 2022 14:55:](#)

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Thanks for your post.

I also have a similar fetish, feet, legs, with tights or stockings or shoes etc. playing with shoes, etc. It's really weird but that's just how it is.

I have been going to therapy for quite a while, it has not really helped much with this but I have seen major improvements in many other areas. My therapist does think that it's connected to some emotional need but is not sure exactly what or how.

I don't think there are any tricks as far as I know, I deal with it like any other trigger.

You can pm or email me if you want.

Hatzlacha!

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Re: Fetishes

Posted by jackthejew - 22 Jun 2022 19:14

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[wilnevergiveup wrote on 22 Jun 2022 17:41:](#)

[looking for help wrote on 22 Jun 2022 14:55:](#)

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some emotional need but is not sure exactly what or how.

I don't think there are any tricks as far as I know, I deal with it like any other trigger.

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Hatzlacha!

I'm not really a foot fetish guy, but I've got quite a few others. Therapy has helped me a lot with unpacking some of the underlying causes and helping to deal with the urges. I would also point out that you 2 are definitely not alone, this is a pretty common fetish.Hatzlacha!

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Re: Fetishes

Posted by Yoina mutzhoo - 22 Jun 2022 19:22

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Its called Podophillia.

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Re: Fetishes

Posted by jackthejew - 22 Jun 2022 19:26

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Its called Podophillia.

**Warning: Spoiler!**

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Re: Fetishes

Posted by wilnevergiveup - 22 Jun 2022 20:27

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[Yoina mutzhoo wrote on 22 Jun 2022 19:22:](#)

Its called Podophillia.

Why the heck do all these things have to have names?!

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Re: Fetishes

Posted by frank.lee - 24 Jun 2022 00:02

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Definitely try to get help! In some communities you can get help for free.

if I'm not mistaken, this is one of the most common fetishes around. But who is counting?

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Re: Fetishes

Posted by Highroller - 24 Jun 2022 09:03

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[frank.lee wrote on 24 Jun 2022 00:02:](#)

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What do you mean "help for free" ?

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Re: Fetishes

Posted by frank.lee - 24 Jun 2022 11:39

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In some communities there are organizations that can help, in Israel there are organizations that have therapists/psychologists that are covered by the kupat cholim.

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Re: Fetishes

Posted by looking for help - 30 Jun 2022 14:54

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That is actually the problem, I'm hearing this since ever "go for help", where? to whom? what kind of therapist? Is he good for that, will he be able to help me, or just listen to my story and nod his head to me with sympathy?! If I will ask and look around for help the whole city will hear

I was asking if somebody has successful experience in this matter, not just to tell me "you need help", sorry nothing personally, I know you tried to help me, I'm just explaining my situation)

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Re: Fetishes

Posted by Vehkam - 30 Jun 2022 15:46

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There are therapists specifically trained for this. An organization like Relief will be able to help you confidentiality.

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Re: Fetishes

Posted by jackthejew - 30 Jun 2022 21:03

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[looking for help wrote on 30 Jun 2022 14:54:](#)

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relief was perfect for me to get me a great therapist confidentially, and he has helped me explore some of the underlying causes for my fetishes and to get solutions. Although there was ALSO some sympathetic head nodding, afterwards followed by helpful discussion and advice

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from me before I can get helped!