

14 years of leg obsession, masurbation and more, help!!

Posted by In control BSD - 23 Oct 2011 08:49

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my body will take me completely out of my way to follow a woman with stocking legs, pretending to be on my phone, i can not be alone in a room with a computer without looking at porn/live sex cams. i masturbate daily, i have been to therepy, cost me so much money, didnt help. im married with 2 little girls, my wife is not into sex anymore and doesnt look like she used to. im getting scared i might have an affair or something crazy like that, i sometimes fantasies of how i could go with another woman without actually going all the way, and i tell myself "that wouldnt really be an affair". (i dont think i would actually go through with it, but i defiantly think about it alot.) i grew up frum and went off somewhat, but always kept shabat and throughout all the opportunities to be with many girls, i wanted to save myself for marriage, and so i did, it was hard for me, i came very close a number of times. now that being intimate with my wife doesnt satisfy me, in my lustful thoughts i sometimes regret holding back before marriage thinking it wasnt worth it cos now im stuck.

my wife partially knows i have a problem but not to the extent of what it actually is. only she knows the password to the computer and knows when im on it but is willing to turn it on thinking i dont really have a problem anymore, and i dont tell her i still do cos i dont want to hurt her. due to my problem i have suffered with being frum, i love shabbat but an not into my learning and i also dont pray regularly and when i do i feel i dont want to be there. my yetser hara makes me feel unworthy of standing infront of hashem and doing mitsvot, or making any effort, it has drained me.

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by mechazek - 24 Oct 2011 13:53

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bsd I hope I am not being callous when I say that-YOU ARE NOT THE ONLY GUY ON THIS FORUM THAT HAS A STOCKING FETISH god made a womans foot attractive so you are obsessed with seeing womans stockinged feet big wooppeee doo welcome to the club,I know people that would stay on buses for hours because they caught a glimpse of a womans stocking foot a drop above the knee.I think your yetzer harah wants to make this into the focus of your problem that way you will be distacted from realizing the true reality of your life.Please tell me if I am wrong I am usually way off.

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by In control BSD - 24 Oct 2011 14:14

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Im not sure i get what your trying to say . .

stocking feet/legs are just on trigger of many, that can cause hirhurim and m'zl for me, although it is the most potent out of all of them (the triggers), I know that my yetser hara has built this up into something bigger than it should be.

i would like to meet some of the other with the same fetish, and discus how they deal. i know it is a popular fetish cos there is so much of it on the net its crazy.

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by mechazek - 24 Oct 2011 14:35

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what are tthe other triggers? is there any other area in your life that you want to be diffrent?

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by Me3 - 24 Oct 2011 14:48

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Your particular fetish/obsession/addiction is pretty much irrelevant. The same tools that work for recovery for one will work for them all, in fact they also work for alcohol, gambling, and food addictions.

What do you hope to gain by meeting others with your particular fetish?

I would like to meet others with my particular recovery method.

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by In control BSD - 24 Oct 2011 15:18

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to: "mechazek" . . . other triggers ? . . . that lead to wasting seed and hirhurim????? cos thats what i was talking about!!

however i would like to be more into my davening and learning. but my yetser hara tells me im not worthy to pray cos im not "religious" if i commit such sins like wasting seed and the like. that and a little laziness. lol. i just dont have a desire to pray.

i would normally learn and teach in yeshivah under normal circumstances.

however i had to work on a full time project since pessach and have not been learning at all, thats what makes me feel connected to hashem, and i feel best when teaching and learning. the "project" will shortly come to an end in a week or 2 and i can get back to normal life, but generally B'H , I feel i am living my life to the fullest. using my talents and capabilities to the full, i would say, apart from my addiction to mast\*\*\*\*ing and all that comes with it (the legs/feet/nylons etc.) i think i am on the right track. Iv always thought that if i can control my yetser hara for women, i can do anything. i would be over the moon.

where you thinking im not happy and was using my taiva to sooth myself?? i dont think that is the case? i just really enjoy it, its a taste of the next world (just got to do it in a kosher way i guess)

ps. i could do with working on shalom bait, i think my addiction to porn and looking and fantasizing about other women has a big negative impact on my marriage. general its a solid marriage, but i know if i dont work on controlling this taiva it will seriously affect the marriage further in the long run.

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by In control BSD - 24 Oct 2011 15:23

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to: Me3

u r right it doesn't make any difference, we are all in the same boat. i was just curious cos i have never met anyone with the same fetish as me, prob cos people dont usually talk about these things, but i know its a common fetish cos there is so much p\*\*n out there just on that particular fetish, someone has to be in to it.

but again, it doesnt really matter.

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Re: 14 years of leg obsession, masurbation and more, help!!  
Posted by DovInIsrael - 24 Oct 2011 16:15

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@the real me...

been there.. done it... got over it (now all I need is the t-shirt to go with it)

surely you must have a dog, cat, fish, who would miss you

if not, just so you know - I WILL MISS YOU!

anyone else want to jump in ?

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Re: 14 years of leg obsession, masurbation and more, help!!  
Posted by wishing for the real me - 24 Oct 2011 19:27

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I can make you a t-shirt. Or rather, I can design it and you can print it, since I am not in Israel. I know you were joking, but I like making things on the computer. Whats your email, I'll send you something I made, I never printed it yet though, but it is supposed to be a cover for my laptop.

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Re: 14 years of leg obsession, masurbation and more, help!!  
Posted by gibbor120 - 24 Oct 2011 20:05

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Just reading this thread today. First of all WELCOME! Glad to have you aboard. Now for a couple comments...

The particular fetish does not matter. We all suffer from the same disease - LUST. It just takes different forms.

Also, you could have the prettiest most perfect wife, it will not help you one little bit. Just ask

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by mechazek - 25 Oct 2011 06:54

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To me being disconnected from god and having a bad marriage is not ok at all,if you feel that the "perfect" people in Hollywood. Aint nothin holy about holywood dispite of having a negative impact on your marriage and spiritual life you are ok,you will have a very hard time committing to stop your addiction.I only started stopping because I saw what a mess my life was I could never accomplish what I really wanted to do,I was in constant turmoil,and my wife was suffering.

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by Holy Yid - 25 Oct 2011 07:06

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Welcome my new friend.

many people (note I wrote people not monsters) here have tried the 12 step calls and have been blessed with much success through them. They start again next week. It would be a great time to join. It has saved many lives from the insanity of this illness.

However I would suggest you think about changing your name. Here many people rely on Hashem to save them from lust. and control is what many addicts waaaaaaaaaaaaaaaaaant to have but never get there.

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by DovInIsrael - 25 Oct 2011 09:20

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@me - and being dead:

just saw this posted elsewhere:

These are the things that make us: DEAD

Desires

Environment

(lack of ) Activity

Diet

These are the things that keep us: ALIVE

ATTITUDE

LOVE

(right) INFORMATION

VALUES

ENTHUSAISM

just a side thought to add to the thread:

what if.. just what if... We are NOT suffering from LUST.. but rather from D\*U\*S\*T on the brain!!

maybe we can learn a lesson from sukkot and the 4-minim, and pull ourselves together (join a group) and SHAKE that D\*U\*S\*T off our brains...

I am just not sure whether we should do this nusach Askenazi or nusach Sefard.

either way - is probably acceptable.

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by In control BSD - 25 Oct 2011 11:34

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TO: "holy yid"

erm, about changing my name . . . . . i wish i was in control and i know that only hashem can help me and give me the strength, that is why my name is "in control BSD" the "BSD" stands for b'siata dishmaya which means - with the help of g-d. so really, my name the long way, is "in control with the help of hashem" its more of a prayer than factual. i think its a positive name and if you know what BSD means, its not misleading. do you still think i should change my name????????????????

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by alexeliezer - 25 Oct 2011 14:53

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[In control BSD wrote on 23 Oct 2011 21:55:](#)

....but what is really hard is that with any other addiction, going cold turkey is most effective,

however with this addiction, we are permitted and even have a mitsvah to be with our wife. not exactly cold turkey is it?! i guess one needs to make a clear distinction and acknowledge the difference between smut or lust and the purity that a marriage is supposed to be, and then go cold turkey on the smut. food for thought . . . .

what do you think?....

This question comes up a lot. I'm reposting here something I wrote on another thread in September regarding this. It's just my own thoughts:

It's no wonder we lust addicts have difficulty with this one. We equate sex with lust. After all, it's the same physical pleasure, the same physical end result. So isn't sex with my wife lust? Won't it perpetuate the addiction?

We addicts don't really know what mitzvas onah ("making love?") is supposed to be like or about. I'm no different, so I really can't help. But I do know, at least intellectually, that it has to do with the setting, the emotional content, and the purpose.

The setting: Am I with my life partner or am I alone, or with someone else? I think we can all see a difference here.

The emotional content: Am I feeling love for my wife and using this encounter to further that feeling, to get even closer, to bond and become as one? Or am I focused on just having a good time getting and giving physical pleasure (fooling around).

The purpose: Am I just looking for relief because I've been lusting all day and if I don't do it with her you know what will happen? or, Purpose? What purpose? I just want it! Can't I just have what I want? What I neeeed? I'll even give her what she needs! Relief of a basic animal urge, as opposed to doing it because it's a mitzva, to have children, to give my wife what I am obligated to.



If the kavanos are correct, and arousal time is limited to the encounter itself, that's not lust!

Can't relate? No prob. Try this:

Happiness and various pleasures trigger the release of the neurotransmitter dopamine in certain areas of the brain, and when this chemical binds to its target receptors, we experience pleasure -- a sense of elation and well-being. We can take opiates (heroin, morphine, oxycontin) or other drugs that will bind to these same receptors, bypassing the need to have the actual pleasurable experience, and just feel that same sense of elation and well-being (intensified). It's addictive. And it requires ever escalating doses of drug to achieve the same effect (for us, kinkier fantasies and images, more dangerous liaisons).

So now our drug addict decides to recover. He abstains from the drug. Any small dose would cause him to relapse. BUT WHAT ABOUT REAL HAPPINESS, LIFE'S REAL PLEASURES? Don't they act on the very same part of the brain as the drug?

Now no one's going to say our addict shouldn't experience true happiness because it might cause him to relapse into drug taking. Same with sex. There's different ways to get this elaborate system fired up -- with gazing, looking at stills, movies, fantasizing, self-stimulation. Or in the appropriate setting discussed above. They may both have a final common pathway, but whether it's the drug or not is all in the approach.

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