

Hypnosis

Posted by Kedushaone - 09 Apr 2021 18:16

Does anyone here know of a case where hypnosis helped anyone remove from his psyche sexual fetish urges and rather get his mind and body want only simple sex, and I'll explain, since from when I was young I always associated this whole thing only via weird scenarios i.e. cfnm, bdsm, degradation, humiliation etc. even before I knew the names etc, but just plain sex never spoke to me or gave me real enjoyment, so that now that I'm married for 18 years already my wife doesn't really satisfy me since even if I watch myself not to look or think of these stuff and stay fully clean for a long while (which is by far not east) even so she can't satisfy me really since my real fulfillment comes from the most weird degrading and humiliator situations which isn't practical to do with her by a far shot..... so I was thinking that ill ask here if anyone hs heard of such a thing that hypnosis can help change my urges and that my enjoyment should be from simple decent relationships, and if yes if there are guys who know hypnotist's that are good for this and there contact info as well I'd really appreciate it

Thanks much for all and a wonderful Shabbos

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Re: Hypnosis

Posted by Zedj - 09 Apr 2021 22:03

I've quietly wondered about hypnosis...

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Re: Hypnosis

Posted by Striving Avreich - 10 Apr 2021 18:46

I'm not sure about hypnosis, but I'm pretty sure a therapist and maybe even a sexaholics anonymous group would help. Maybe call Dov.

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Re: Hypnosis

Posted by wilnevergiveup - 10 Apr 2021 21:46

[Kedushaone wrote on 09 Apr 2021 18:16:](#)

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Thanks much for all and a wonderful Shabbos

Hey there, welcome to the forum.

Ever spoke to anyone about what you are going through? Real people with experience are usually the proper address for these issues. Maybe a therapist, maybe a Rav, someone who specializes in this area.

Just wondering.

If you've already spoken your fill to real people and are just coming hear to hear the choshuve anonymous faceless hidden chevra's take, by all means. But we are no replacement to proper guidance from real people on real issues (unless this hasn't been an issue for you).

Wishing you clarity and success in your journey.

Wilnevergiveup

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Re: Hypnosis

Posted by Hakolhevel - 11 Apr 2021 13:26

There is such a thing called hypnotherapy, maybe there is a sex therapist that employs that technique.

Either way, I will echo what everyone else says, and urge you to get in touch with real people.

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Re: Hypnosis

Posted by Kedushaone - 12 Apr 2021 17:47

Thank you all, but I've been through it all i.e. therapy, understanding Rav etc. etc. and periods of being clean for a few months at a time and times when I fall back (the whole seesaw that is called life.....). But recently I've spoken to a friend with totally different issues that told me about a few visits to a hypnotist that specialized in the issues he struggles with and how the guy helped him a lot and as such I was wondering if there's such a thing out there for my kind of issue and I thought that maybe someone here would have heard of something.

Thanks either way.

You're an amazing group of people the hidden ?????? of our ???!!!!!!

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Re: Hypnosis

Posted by Kedushaone - 12 Apr 2021 17:48

Why so quiet?

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Re: Hypnosis

Posted by Pure123 - 20 Apr 2021 17:06

as long as you are associating sex with physical acts then i don't see anyway you can change this...

But if can start associating sex with LOVE, CONNECTION, RELAXATION and HARMANY then you may have some hope for change... and yes you will start enjoying it more then ever before... and yes you can stay with the women Hashem gave you happily and satisfactory

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Re: Hypnosis

Posted by Kedushaone - 25 Apr 2021 19:08

I hear what you're saying and understand it as well.

Any tips?

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Re: Hypnosis

Posted by Pure123 - 01 Jun 2021 19:38

this link to the lecture below will change your life , in the beginning its a bit boring but later on he goes into the topic deeply... worth watching when you are focused..

www.soulwords.org/video/preparing-bochurim-for-marriage/

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