

Fetishes

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

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...

=====
=====

Re: Fetishes

Posted by sleepy - 11 Jul 2022 05:06

[Chalash wrote on 10 Jul 2022 13:01:](#)

I think it's 100% normal to have a Fetish. Many men have different types of Fetishes.

I also, find women's legs arousing. One thing that I found that helps me and I'm pretty sure it's written somewhere in Chazal is to try to uglify what you find attractive. So for example, if I see a woman in pantyhose, I try to picture that under those pantyhose her legs are hairy, and that her feet are dirty and filled with dry skin.

great post ,dont forget the bad smell.

i think some people have a mistake on the chazal that a woman is feces and blood but Hashem makes a rule that men should run after them.

the mistake is people think women are really gorgeous creatures and something to really be

obsessed over, and to counteract that we say IMAGINE she is feces and blood-MISTAKE!

in REALITY she is feces and blood (even the super models!) ,Hashem needs reproduction, some He disguises it and makes them look like bombshells and everyone runs after them

its something like they do in resteraunts when the meat is not fresh, they spice it up to make it palatable.

by the way in order there should be no misunderstanding , in that feces and blood is a so holy neshama with a so holy tzelem Elokim ,dont forget THAT,just like there is a so holy neshama and tzelem Elokim in us men who are just smelly putrid drops.

=====

Re: Fetishes

Posted by looking for help - 14 Jul 2022 15:37

I think you didn't understand completely my main question. I completely understand that there's such a thing of "fetishes", and that is pretty normal. What bothers me is that I have the same fetish for men as well, (and no, I don't think I'm SSA, although I might enjoy looking at a nak*d man, but I would be "farekeled" to do something with a man - bH), so I have this nisayon even in bhm"d. My eyes would search under the tables to look for somebody taking off or dangling his shoe (!! , sounds crazy right??, believe me I feel horrible about it), this has been going on since I'm a kid (tens of years). In fact the beginning of my PM problem has been only thinking and fantasizing of friends in yeshiva dangling their shoes (how crazy, right??!!), if I Wouldn't have the problem by men I wouldn't come to any addictions whatsoever, since I was a very ehrliche bochur to begin with, it's only after I got hooked up with the above that it "shlepped" me to other stuff, that's on what I was wondering if somebody can relate to this. Anyway, thank you for your reply.

=====

Re: Fetishes

Posted by Vehkam - 14 Jul 2022 18:44

I did not have this specific challenge but I totally understand it. I hope you realize that the thoughts and urges are absolutely not something to feel guilty about. You didn't ask for them and you don't want them. The challenge now is how to overcome/move on from those thoughts.

=====

Re: Fetishes

Posted by future paltiel - 15 Jul 2022 01:43

If you visit the Flight to Freedom program there are tools called the Cure tracker, Urge Surfing and a few more in Lesson 3 that can help you keep track of your triggers, the cues and the effects they cause on you as well as different urges. Believe me, whatever you may struggle with becomes easier as it gets under control.

app.guardyoureyes.com/course

Much Hatzlacha to you,

Remember you are a holy man and no for in the world can challenge that!

=====

Re: Fetishes

Posted by sleepy - 15 Jul 2022 08:33

[future paltiel wrote on 15 Jul 2022 01:43:](#)

If you visit the Flight to Freedom program there are tools called the Cure tracker, Urge Surfing and a few more in Lesson 3 that can help you keep track of your triggers, the cues and the effects they cause on you as well as different urges. Believe me, whatever you may struggle with becomes easier as it gets under control.

app.guardyoureyes.com/course

Much Hatzlacha to you,

Remember you are a holy man and no for in the world can challenge that!

=====

Re: Fetishes

Posted by frank.lee - 17 Jul 2022 01:52

Now that you describe it more, i probably had that when i was young, maybe even now a bit. Is your issue that you are worried that you are crazy, or how to deal with the taava? With more clarity, easier to deal with it.

I can bring you one hundred people who have the same thing with feet, then you will be fine? I don't actually know who has what, but i still think you are 100% fine..

=====

=====

Re: Fetishes

Posted by looking for help - 18 Jul 2022 14:35

No, my concern is not if I'm normal, I know 100%+ that I am, I bH have alot of friends, I'm popular, and have bH a beautiful family. My concern is that these stupid taavos (which are 100% muter) escalate me to assur taavos, I'm addicted to look at them, it arouses me and then bring me to assur taavos. My problem is that I find them everywhere - even in shul! imagine! I don't have any idea how to free myself of that.

=====

=====

Re: Fetishes

Posted by frank.lee - 18 Jul 2022 15:35

Have you tried therapy? I assume any good therapist should be able to help you with this issue, maybe to train the brain to change its thought process/ pathways and reaction.

=====

=====

Re: Fetishes

Posted by einanilimili - 26 Jan 2025 18:41

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

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...

I had something very similar

I used to like to look at naked women's legs, I could look at shopping sites for hours just to see that, I felt like I need it like air to breathe

To make a long story short i used to hate going to chaider to i find my safe space around chaider like in the morning hours before going to chaider or on the bus and at home when i came back from chaider etc.

The last few months I'm working in therapy to heal the trauma from chaider, a few weeks ago I found myself bot interested in looking at women's legs anymore, I shared it with my therapist and he started to go deeply in with trainspotting to find out what's the underlying issue is, it's ended up when I were small I used to see my mother every morning dressing herself and I saw her naked lags and sometimes her private area too and that makes me for any reason to feel safe

b"h I'm healling it now

=====
=====

Re: Fetishes

Posted by ivelt - 06 Mar 2025 20:58

is there anyone with a fetish about taller younger siblings?

=====
=====

Re: Fetishes

Posted by ivelt - 09 Mar 2025 18:59

[ivelt wrote on 06 Mar 2025 20:58:](#)

is there anyone with a fetish about taller younger siblings?

anyone?

=====
=====

Re: Fetishes

Posted by yitzchokm - 09 Mar 2025 19:33

It sounds very unique and it is probably related to something that happened earlier in your life. I wonder whether this would be dealt with any differently than the fetish that was mentioned earlier that gets triggered when seeing feet or shoes. Einanilimili figured out with his therapist why he gets triggered with his fetish and you should probably also try to figure this out with or without a therapist. Once you figure that out you will realize that it is circumstances outside of you that caused you to have this trigger. This would help you accept it as is and you would also be able to see how this fetish doesn't define you. After that you would be open to figuring out new ways of dealing with the triggers instead of giving in to them. I wrote this based on what I heard from my therapist and what seems to derive from what he said but I may be wrong. Others with firsthand experience can tell you whether what I wrote is valid. If you don't want me to respond on this thread anymore please let me know.

=====
=====

Re: Fetishes

Posted by boardg - 09 Mar 2025 20:47

I recall reading somewhere that the part of the brain that has to do with feet is right next to the part of the brain that has to do with sex and if there is some "crossed-wiring" then a foot fetish can result.

=====

Re: Fetishes

Posted by jonthen123 - 09 Mar 2025 22:57

if i may add my 2 scents by me i have different fatiesh which or probably too much to right (or i feel uncomfortable pm me if you think you could help) one thing i was told a lot that it came from watching this type of porn but when i thought a lot I think it's not true , i saw by self i had this thoughts and fantasies much before i knew what porn or sex mean also i once read that a lot of fantiesh some ppl have should i be anal or anything that could be done with men if you or only around men in your younger years when you grow up that's how you develop it for men but it has nothing to do with ssa it's only bcw we only have that around us and girls or off limits 2---- I think what he is asking , and what many of us or asking ,if there is a organization that helps you pay for the therapist , or anything like that some ppl don't have the extra money to get help , and even the some that do, don't have a way to get the money without having to tell their wives, or parents the whole story which might cost them more therapy or much worse

=====