

Healing/Reducing a Fetish (

Posted by teyerehyd - 31 Mar 2023 06:51

Hi! I suffer from a sexual fetish that impacts my life on a day to day basis.

Any anyone aware of a therapist that has specializes in these things and can help reduce the attraction attached to these items?

I appreciate it!!

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Re: Healing/Reducing a Sexual Fetish (Clothing)

Posted by simchastorah - 31 Mar 2023 08:23

Hi teyerehyd. Kol hakavod to you for coming forward and having the bravery to open up about this!

Besides for dealing with the underlying issues, could you avoid dressing in the ways that cause you to become aroused? Are you referring to just a basic put-togetherness which is necessary for your healthy dignity, which would then be more difficult to avoid, or are you referring to something more than that, like wearing trendy clothes, or clothes that fit in a very specific way? If the latter, maybe you could start by just not dressing like that to at least dull down the manifestation of the feelings.

Hatzlacha

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Re: Healing/Reducing a Sexual Fetish (Clothing)

Posted by iLoveHashem247 - 31 Mar 2023 11:50

Hi I understand your struggle.

it can feel great and on top of the world when your clothes fit and look just so.

the comment above gave good advice? Can you simplify your outfits?

maybe minus an accessory, etc.

hatzlacha!

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Re: Healing/Reducing a Sexual Fetish (Clothing)

Posted by shmiel BON - 31 Mar 2023 14:56

I hear your pain ach it hurts!! but if possible I recommend the same as the 2 above

1.Maybe dress a little less enough to feel good about yourself but not to much to get triggered-thats for now

2.And maybe even more important try getting to the bottom of it Why is it so important me, What exactly is it that triggers me -is it when when I dress a certain way and other way not, and why davke like this ,When was the first time i felt this way

I see a lot of home work here and with seyato dishmnayo you can get hold of it and work on it

much success on your journey

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Re: Healing/Reducing a Sexual Fetish (Clothing)

Posted by Eerie - 31 Mar 2023 18:37

The other here have given some good advice, but as I see this your first post, my dear brother, WELCOME! It's amazing that you are so honest and open, and please continue sharing with us,

we care about you and we want to hear what's going on, so please keep us in the loop.
Hatzlacha! And don't ever forget to Keep trucking!

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Re: Healing/Reducing a Sexual Fetish (Clothing)
Posted by teyerehyd - 31 Mar 2023 20:32

Hi,

Im referring to any shirt that is fitted in any manner. .. I am looking for a good therapist that can help me work through this.

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Re: Healing/Reducing a Sexual Fetish (Clothing)
Posted by Vehkam - 31 Mar 2023 22:45

[chaimkahn wrote on 31 Mar 2023 06:51:](#)

Hi! I suffer from a sexual fetish (clothing) that impacts my life on a day to day basis. When I dress very put together it makes me feel more masculine which triggers the arousal. This is obviously very annoying on many levels.

Any anyone aware of a therapist that has specializes in these things and can help reduce the attraction attached to these items?

I appreciate it!!

Call Relief for a referral. Any sexual addiction therapist should be able to help with this.

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Re: Healing/Reducing a Sexual Fetish (Clothing)
Posted by simchastorah - 01 Apr 2023 20:38

Sounds very difficult, hatzlacha rabbah.

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Re: Healing/Reducing a Sexual Fetish (Clothing)

Posted by iLoveHashem247 - 02 Apr 2023 03:45

[Eerie wrote on 31 Mar 2023 18:37:](#)

The other here have given some good advice, but as I see this your first post, my dear brother, WELCOME! It's amazing that you are so honest and open, and please continue sharing with us, we care about you and we want to hear what's going on, so please keep us in the loop. Hatzlacha! And don't ever forget to Keep trucking!

Eerie, you are so good at getting people nicely to the site. Thanks so much!

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