

Finally opening up

Posted by thearpyheals22 - 01 Jul 2024 21:16

Hi guys just joined recently and while my streak is currently zero I wanted to get my story out. Ever since I was little I remember getting into fights with my parents. Which led to me not feeling comfortable at home or loved by my parents. From young ages I was into woman's feet and stockings and my earliest memory of masturbating is in third grade to my teacher in stockings. It's like hashem didn't even give me a chance . I was masturbating before I even understood what it was. Through school I got bullied which added to my not feeling loved and I became a people pleaser kissing up to kids doing what they want even at the expense of me. And through this whole time I turned to masturbation to feel loved and connected. I felt like a piece of garbage that I devolved a fetish for being dominated by woman and would masturbate to videos of that. In 11th grade I was really depressed I hated hashem I remember yelling at him one day that he's ruining my life and not giving me a fair chance. I hit really low that year there were times in private that I didn't keep shabbos. Thought this whole time I had a really bad relationship with my parents and didn't trust any rebbi to talk to so I kept this pain inside. In 12th grade I stated texting girls which gave me a sense of being loved but it didn't last. In Beis medrash I read a article about someone who was frum and ran away from his wife and was holding parties with woman and it hit me if I keep masturbating all the time like this that will be me. So I did the hardest thing of my life I told my father I have a masturbation problem and he found me a therapist but I didn't like him so I stoped going to him and continued my behavior. I tried to stop many times over the years but never went more than a few weeks. Finally a year ago I opened up to a rebbi and he sent me to a therapist that bh has helped me a lot but I still struggle mightly Bc a woman in stockings can turn me on and even frum woman dress like that. So every time I walk in the street it's really hard for me I decided to join guard my eyes recently and I'm hoping this plus therapy can help me get over the top so I can start dating soon and end my fifteen year addiction. Thanks for reading and allowing me to share my story. Anyone else with stockings fetish plz reach out need tips how to manage. If you want to get in touch my email is rachiag13@gmail.com

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Re: Finally opening up

Posted by thearpyheals22 - 06 Jul 2024 21:27

I finally did it it wasn't easy bc on Shabbosim women wear high heels and stockings which is a huge urge for me but by I stayed strong and I completed day 1 and 2!!!! Thank you everyone for the chizuk I hope this can be the start of my healing journey

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Re: Finally opening up

Posted by thearpyheals22 - 07 Jul 2024 22:00

Had a fall today but gotta focus on the win for tomorrow

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Re: Finally opening up

Posted by thearpyheals22 - 09 Jul 2024 18:41

I keep going two days then messing up anybody have advice ?

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Re: Finally opening up

Posted by m111 - 09 Jul 2024 18:47

It's normal.

A warm word, the main goal here is not about how many days, but **how** we got to that many days. Being sober is about changing the way we handle the triggers that make us fall.

Have you been in Flight to freedom program yet?

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Re: Finally opening up

Posted by chosemyshem - 09 Jul 2024 19:27

[thearpyheals22 wrote on 09 Jul 2024 18:41:](#)

I keep going two days then messing up anybody have advice ?

From what you've posted, it sounds like you've been masturbating almost daily for many years. I'd be more surprised if you were able to instantly stop.

As m111 suggested, have you tried the F2F program? Spoken to anyone (HHM)? Worked on

stopping fantasizing? Have you spoken to your therapist about this difficulty stopping?

In short, what are you doing to try to stop?

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Re: Finally opening up

Posted by thearpyheals22 - 09 Jul 2024 19:34

I have not tried the f2f program what is it exactly? Yes I am speaking to my therapist just had a session today so he did give me a few methods to try for this week. What is hhm?

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Re: Finally opening up

Posted by thearpyheals22 - 09 Jul 2024 19:36

I have not tried f2f what is it? What is hhm? I did speak to my therapist today he did give me methods to work on and we spoke about trauma that I still have which may be the cause.

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Re: Finally opening up

Posted by thearpyheals22 - 09 Jul 2024 19:37

What's flight to freedom about?

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Re: Finally opening up

Posted by chosemyschem - 09 Jul 2024 19:42

Flight to freedom is GYE's online program that will help you work on some basic tools (motivation, mindfulness techniques and more) to help you get clean. [HERE](#) is the link. Some

really helpful videos on there.

HHM is a very wise member of the forum who has helped many people get clean. 10/10 recommend having a good schmooze with him.

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Re: Finally opening up
Posted by thearpyheals22 - 09 Jul 2024 19:45

[chosemyshe wrote on 09 Jul 2024 19:42:](#)

Flight to freedom is GYE's online program that will help you work on some basic tools (motivation, mindfulness techniques and more) to help you get clean. [HERE](#) is the link. Some really helpful videos on there. How do I get in touch with hhm?

HHM is a very wise member of the forum who has helped many people get clean. 10/10 recommend having a good schmooze with him.

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Re: Finally opening up
Posted by thearpyheals22 - 09 Jul 2024 19:46

How do I get in touch with hhm?

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Re: Finally opening up
Posted by chosemyshe - 09 Jul 2024 19:49

[thearpyheals22 wrote on 09 Jul 2024 19:46:](#)

How do I get in touch with hhm?

michelgelner@gmail.com

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Re: Finally opening up

Posted by thearpyheals22 - 16 Jul 2024 18:44

Let's go just had my first clean week thank you everyone who has reached out for the chizuk

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