

The Psychology Behind The Cuckold Fantasy

A free guide to the basic psychological principles behind cuckolding.

By Connor McGonigal

Connorsuniquecoaching@gmail.com

HowToStopBeingACuckold.com

Introduction

Some people have accepted their fetish as an unchangeable, permanent part of themselves. They have taken it as their true nature and learned to deal with it, despite the deep-down feeling of shame it may bring. They might be insecure about it. They might try to hide it from others. They might never feel 'normal'. Most worryingly of all however, they never question where it comes from, how it developed, or even *why*. And in ignoring these simple questions, they ignore the possibility that it may *not* be unchangeable, it may *not* be permanent, it may *not* be an inherent part of themselves but rather a product of experiences, feelings, and more. Most people lack the desire to change because they don't consider it as a possibility.

This is wrong. Fetishes are not genetic. There is a cause - that's the first thing I teach. They are not permanent either. New fetishes can develop, old ones can fade. They can come and go over the course of a lifetime; some do, some don't. Most importantly, if we understand *why* fetishes exist, and *how* they develop, we can take action and control our own sexual interests by controlling the causes.

For most people however, this is pointless. Fetishes can add a degree of excitement to sex, and take pleasure to a new level. But when that pleasure is followed by shame, it's not good. When it's accompanied by sadness, feelings of worthlessness and lower self-esteem, it's not good at all. And when that shame leaks into other areas of life, affecting social life, relationships, or even careers, it becomes a big problem.

In this quick overview, I will attempt to explain the psychology behind the cuckold fantasy - how and why it forms, what causes it, and what you can do about that.

Let's skip straight to the main points here:

Three Principles

1. There Is A Cause.

There is a reason why you have this fetish. It's not genetic. It's not formed at birth for no reason. It's a result of environmental factors. Cuckolding is simply the eroticization of deep-rooted feelings of inadequacy, initially formed in childhood. That's the cause.

2. This Root Cause Can Change.

You can tackle the underlying reason why you have this fetish. You can heal these feelings. You can address them directly and get over them.

3. By Changing The Root Cause, The Fetish Goes Away.

By healing the root cause, there is nothing left to turn into sexual pleasure. The fetish fades away as the root cause heals, until at one point, the pain of the fetish gets greater than the pleasure. That's the tipping point where you simply don't feel the urge any more.

Now that we've established those principles, let's look at exactly how they work.

The Psychology Of Fetishes

Fetishes can form as a way to protect ourselves from deep-rooted emotional pain.

We all have some sort of deep-rooted emotional pain, whether it be a fear of abandonment, a need for control, a fear of powerlessness or a sense that we're just not good enough. No-one gets through childhood without having unresolved emotional issues or unmet needs. In fact, if this does happen during childhood, it has the power to dictate the rest of our lives, because childhood is the time when we are

the most impressionable – we are learning everything about ourselves, others, and the world, and forming paradigms that will stay with us for the rest of our lives.

Here's an example: If someone grows up with experiences where they were powerless, helpless, and vulnerable, and this caused deep emotional pain, they will develop a deep-rooted *fear* of being powerless to help them to avoid having that same experience again. They may spend their lives searching for safety and security, constantly trying to make sure they never end up in that original painful situation.

An early experience of powerlessness will form a huge emotional imprint on the brain.

Fetishes form as a way to protect us from experiencing that same emotional trauma again. By turning pain into pleasure, we can disconnect from the psychological pain that it may cause, and be protected from the hurtful feelings that it would trigger.

A deep-rooted feeling of powerlessness could eventually manifest itself as a sexual fetish for being tied up, deprived of control, and being powerless – a bondage fetish.

The author and clinical psychologist Stanley Siegel, in his book 'Your Brain On Sex', writes: "Behind every sexual desire is an unmet need or conflict that grew out of our childhood experiences. Our desires represent an unconscious attempt to counteract the feelings associated with these conflicts."

Here's another interesting quote I found on the internet:

"As a former dominatrix, I used to get people coming to me for spanking and caning because they'd received corporal punishment at school, often in a completely un-erotic context. ... They'd end up eroticizing the experience as a means of processing the discomfort around it ... ,"

So to find out the root cause of the cuckold fetish, we need to look for the *pain* - the discomfort, fears, and negative emotions that are involved in cuckolding - and that will tell you what deep-rooted emotions are being turned into sexual pleasure. That's the root cause.

'Cuckold fetishism is the eroticization of the fears of infidelity, and of failure in the man's competition for procreation and the affection of females.'

That's a very clinical definition, so let's break that down into layman's terms. 'Cuckold fetishism is the eroticization of the fears of infidelity' - being cheated on. It's turning the pain associated with that fear into sexual pleasure. Let's go a bit deeper here and break down that fear: why is infidelity/cheating painful? How does it feel to be cheated on? It feels like you're not good enough. It feels like you're not the alpha male, you're not enough, you're fundamentally inadequate. So the fear of infidelity is really just the fear of not being good enough.

Now let's look at the second part of that definition, 'failure in the man's competition for procreation (sex) and the affection of females'. So here it's turning the pain of failure in the competition for women, and rejection, into pleasure. Why is the idea of failure in the competition for sex painful? How does that feel? Again, it feels like you're not good enough, it feels like you're not the alpha male, it feels like you're fundamentally inadequate.

This whole fetish revolves around inadequacy, and turning that into sexual pleasure.

So if we can sum up the real psychology behind this fetish it would be 'the eroticization of inadequacy.'

The pleasure comes from the subconscious pain of feeling fundamentally not good enough. This is not conscious. This is buried in the subconscious.

The entire cuckold fetish is the manifestation of the concept of inadequacy. It's being cheated on (which already incites a lot of feelings of inadequacy), usually by a bigger, better, alpha male (creating more inadequacy) – who either has a large penis, a good body, or is socially dominant (creating feelings of inadequacy) and most importantly, it involves the girl *really enjoying it*, submitting to him in a way you've never seen before, moaning more than ever. Cuckolding revolves around the concept of not being good enough, being *inferior* to other men, either not being good enough of a lover, or a man, or a partner, or just a person.

And as before, it turns this pain into sexual pleasure to shield us from the emotional trauma. This means that if you have a cuckold fetish, you have either a fear or a sense of inadequacy, probably formed in childhood. (This is very common, and the cuckold fetish is just one way to sexualize it)

Example

What's more arousing:

A wife has sex with another man. He's got a fairly small penis, he's clearly not very good in bed, he's a bit needy and not very attractive. She fakes her orgasm to get it over with.

OR

A wife has sex with another man. He's got a huge penis, ripped body, and knows what he wants. He dominates her, and she loves it. She turns into a slut for him, and not you. She can't contain her moans of pleasure.

Both of these count as cuckolding. But of course the second one is more arousing to anyone with a cuckold fetish. Why?

Because it induces a greater feeling of inadequacy.

The fetish revolves around the concept of turning inadequacy into sexual pleasure. So the more inadequacy they can create, the more pleasurable it is.

That's why cuckold porn can frequently stray into humiliating areas – it enhances the sense of inadequacy – which is where the pleasure comes from.

That's also why anyone WITHOUT a cuckold fetish finds this whole thing absolutely disgusting. It's almost painful to them, because the sense of inadequacy it creates is

NOT being turned into sexual pleasure – in fact it just stays as that horrible, uncomfortable, unpleasant feeling.

“But I’m not inadequate though! I’m a great guy!”

Doesn’t matter. You can still have a subconscious feeling of inadequacy. In fact, a lot of the time you may have nothing to feel inadequate about. It isn’t always rational. It’s subconscious.

Many people with this fetish have some very good qualities. They may be very intelligent, talented, creative, muscular, rich, successful, funny, or nice. It doesn’t matter. The fetish comes from the subconscious feeling.

And actually, that feeling is what can drive you to improve. By going to the gym, earning more money, studying harder, being nicer, or being funnier etc, you can have a sense of control over that subconscious perception. It feels good. So frequently people become obsessed with that good feeling and chase that, getting quite far as a result, driven by that feeling of not being good enough just as you are.

The subconscious feeling, however, has no link to your real life. It remains until you address it.

This Root Cause Can Be Changed

This is nothing to do with you. It’s just a result of the experiences that have caused this feeling to become buried deep in your subconscious. You can heal that. You can get rid of this subconscious sense of inadequacy.

However, it’s not that simple. Just as it was starting to sound so easy and straightforward, there’s a little twist.

This subconscious feeling is not easy to heal.

Firstly, it's subconscious, so it's not something that's within your conscious awareness. You can tackle conscious thoughts easily by mentally arguing the opposite and intentionally thinking differently. The subconscious is inaccessible and complex.

Secondly, It's initially formed in childhood. This makes it something that you've lived with for your whole life and isn't going to change by 'believing you're good enough' or repeating positive words in the mirror. It needs special techniques to change. Even if you become aware of it, and know that it's irrational, that won't change it.

Thirdly, it actually tends to get worse with time. There are factors in your life right now that influence and reinforce this. You need to remove these too.

“But I actually AM inadequate! I have an awful life! How can you heal it if it's true?”

Doesn't matter. This one's more difficult to conceptualize though. Many people with this fetish have some pretty below-average lives. They may have an addiction to food, alcohol, or drugs. They may be a chronic underachiever. They may be socially anxious/awkward and have very little that's good about them.

All of these things are CAUSED by that subconscious sense of inadequacy. Addictions are just one way to deal with it. Underachieving is a result of not feeling good enough to achieve what you want, and a way to avoid the pressure of failing. Social anxiety is a way of avoiding it.

All of these things are caused by subconscious inadequacy. If you think your life is bad, maybe it is! But it's bad for a reason. It's bad because of that subconscious feeling.

“No, you're wrong, I actually have this one unchangeable, permanent thing that I was born with that holds me back.”

Insecurities, likewise, are just a method of dealing with subconscious inadequacy - it feels good to have a reason for it, something to blame it on. I heard one man say no woman would ever love him because he had small hands, and women like big hands. Seriously! It's ridiculous the extent of this. Often it can be more rational than this example, but still irrational. It's all caused by the subconscious inadequacy.

Whether you have a great life, an awful life, or a mix aspects of both, it doesn't matter.

It doesn't matter who you are or how inadequate your life is.

Here's The Good News:

-You can change. You can change your sexual desires, and change your life. You can become the person who you want to be. You really can fix this and become a strong, confident person with no shameful secrets.

-You're not alone. Everyone that comes to my website feels this way too.

-You've already taken the hardest step. The first step is the hardest; admitting you aren't happy and you want to change.

Over a year ago, I started sharing some of this on an online forum and I was shocked to see so many people interested in what I had to say! After talking some more, one person even offered me money to teach them everything over email. That's how I started out. Once that client got results, word got out, and eventually the demand became so much that I set up this website to streamline the process. Even then, 1-on-1 coaching quickly occupied all of my time, and I realised that if I spent my time creating carefully crafted videos, it might take 10 times longer but I could teach 100 times more people. That's why I made an online course. It's better for everyone (and it'll be cheaper too - I had to charge thousands for 1-on-1 coaching because it became so time-consuming. I don't want to restrict this information to just the super-rich! I hated having to do that)

Also, people get very embarrassed, understandably so. They don't want to talk to me, they don't want to email me, they don't even want to admit this to anyone. And that's ok - it's understandable! With my course, you don't have to worry about that. I won't see you or meet you. You can do it from the comfort of your own home.

If you're sick and tired of feeling humiliated, submissive, pitiful, and ashamed that it turns you on... And If you want to be a confident, naturally self-assured and assertive lover that can rock your wife's world in bed until she's begging you for more sex...

I'm here to tell you that you can do it. You can change the root cause of this fetish and transform into someone that you are PROUD to be. The cuckold fantasy forms as a way to protect ourselves from subconscious feelings of inadequacy. We can change that. And by doing so, the arousal goes away. Those are the 3 principles I've taught you today, I hope it's been easy enough to understand.

Thanks for reading.

Connor :)

P.S. Feel free to email me if you have any comments, questions, feedback, or suggestions on what you'd like to see here - I'm doing this for you.