

► First, pay attention to your experience of sexual arousal.

Many people let the feelings and sensations wash over themselves without paying attention to what is going on. Notice what you're doing, and learn how certain actions decrease or increase arousal. No need to hold back, but pay attention to the sensations instead of "fuzzing out."

► Then try masturbating to orgasm, and concentrate specifically on the sensations of the pelvic floor.

You need to learn what it feels like to experience the orgasm (for most men, the pelvic floor flutters) before you can know when to hold back from ejaculation. Focus on what happens when, and see if you can experience orgasm separate from ejaculation.

► Now play "faster-slower," with more emphasis on slower.

The goal is to stay somewhat aroused while you manipulate your arousal level. It's helpful to rate your arousal on a scale from 0-10, with 9 or 10 indicating the point of no return. Start by choosing a number in the middle, like 4 or 5, then practice masturbating to a fever pitch and slowing down as you reach that number. Stay present consciously, but allow yourself to fade down. You will still be aroused with minor stimulation, and you will learn what it feels like to be aroused to a 4.

Then, pick a slightly higher number on the scale—say, a 7. It's a little trickier here, but you really want to focus on lower arousal. One thing to try is to take long slow breaths in, and let the breaths out quickly in a couple of bursts. This helps disperse your sexual energy and take the tension out of your spine and lower back.

► Another arousal-slowing technique is contracting your pelvic floor muscles.

To contract your pelvic floor, squeeze the

muscles that run from your tailbone, around your anus, and all the way forward to the base of your penis. Contracting these muscles correctly will cause the base of your penis to bob up and down slightly. Next, incorporate pelvic floor contractions into your masturbation play. Masturbate up to a 5, then contract for two seconds. Slow down and speed up your self-play, incorporating this PC flex into the ups and downs of your arousal cycle.

► Similarly, you can control your ejaculation by pressing firmly on the perineum—the area between your scrotum and anus—while contracting your PC muscles.

This helps delay ejaculation by refocusing your attention on your arousal and interrupting the ejaculation reflex.

Perineal massage can be quite pleasurable, and some men think that it's the greatest sexual technique they've ever experienced. Perineal massage can be done by yourself or with your partner, and can be performed at any time during self-play or penetration.

It can take time for you to retrain your sexual arousal experience, but what fantastic homework is that? For some men, they just didn't realize that it was worth the time and effort to learn their personal arousal triggers. Other men worry about whether it's ok to self-massage, but remember: ejaculatory fluid that stays lodged in the prostate is very bad for prostate health and potential fertility. It's OK to take some time out of your life and just spend time with yourself.

Okay, I'm having a blast here, but what about my partner?

With increased awareness of sexual arousal and physical cues, you can expand your practice to include partners. With a partner involved, you might have to relearn most or all of your cues. Why? Because it's one thing to stop your hand, or turn off your vibrator when you need to ease off, but it's a much greater task to communicate to your partner where you are on the arousal scale.

► Talk during intimacy

Talk about what's going on so that you two can work on intimacy together. The best lovers in the world are those who are in communication-contact with their partners. Fortunately, most couples report that the process of talking is in itself very satisfying, because they feel more connected than when they are silent.

► Put on a show?

Scary as it sounds, one way to practice arousal up/down techniques is to sit in the same room as your partner while self-pleasuring, but not touch each other. For some people it's a massive turn-on, while others might feel too vulnerable. If it works for you and your partner, you can maintain complete control over your personal stimulation and have fun together. Just remind each other to breathe now and then to settle the arousal tension down.

► Take it on the road

All of the techniques that you've been practicing work with partners, because none of them require that you pull out from penetration, or do anything painful to your genitals to lower your arousal. Your partner will have fun playing with you and your arousal, pressing your perineum and practicing your breathing techniques with you. Learn more about your and your partner's responses to sensation and practice expressing yourself.

Additional Resources:

For more information, try these resources:

--The New Male Sexuality, by Zilbergeld

--Male Multiple Orgasm, by Pokras

--The Multi-Orgasmic Man, by Chia and Arava

--The Multi Orgasmic Couple, by Chia and Chia, for heterosexual couples interested in exploring multiple orgasms for both partners.

Most of all ... have fun!

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Eager Ejaculation

Coming and Going?

~Learn to last as long as you want
~Increase your sexual satisfaction
~Enjoy working with your sexual arousal
~Learn how to have multiple orgasms



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Dear Dr. Myrtle,

Try as I might, I can't seem to last as long as I'd like to. How can I prolong sexual penetration without coming?

In books and movies, our culture glorifies the mad, passionate rush to intercourse as the ultimate sexual experience. Unfortunately, frenzied sexual experiences can sometimes be unsatisfying and difficult to control. If ejaculation occurs before either partner wishes, it is often called "premature ejaculation."

This makes it sound like a medical disorder, but it's not. Even the fastest ejaculation isn't a problem if both partners prefer it that way. Partners who are not particularly fond of penetration, for instance, may prefer orgasm through oral sex or a vibrator, and may look forward to the fastest draw in the West.

The key is satisfaction, not endurance. That said, you can learn to work with your arousal and gain more control over when and how often you ejaculate, so that you can have prolonged, slow-to-climax interludes, "quickies," or anything in between! It's a great opportunity to expand your sexual repertoire. There are ways for you to manipulate your personal length of time between arousal and orgasm. Some men realize that their own masturbation techniques (come quickly and get on with the day) are actually a form of training: they have trained themselves (over and over) to race through sexual arousal. The problem comes in when you add a partner to the mix, or when you'd like to slowly, consciously enjoy the experience of arousal instead of following your usual pattern.

Things NOT to try.

Some folk remedies that don't work very well:

► Men sometimes drink alcohol to slow themselves down. Alcohol can slow responses, but it may also make it difficult to get or keep an erection.

► Some men's partners take a hands-off approach, hoping that a lack of caressing and touching will allow their partners to last longer. But if touching is not allowed, what's the point of having sex?

► Some men try to dissociate themselves by reciting baseball statistics or all 50 states in their heads.

This "focus-on-something-else" approach doesn't take into account that arousal is an involuntary response. Involuntary responses are nearly impossible to consciously control. Think of what happens when someone asks you to stop focusing on your nose: if someone makes you think of your nose, it's tough to focus on anything else!

All of these solutions can take you away from what you are doing and feeling, and are very unlikely to lengthen your sexual experience or heighten your pleasure.

In some cases, your doctor might prescribe an medication (Selective Serotonin Reuptake Inhibitor; commonly used as an antidepressant) to delay ejaculation. Studies show that some SSRIs can delay ejaculation by about a minute, which gives you enough time to begin using the techniques explained here. A word of caution: when you stop taking the SSRI, you may experience a quicker ejaculation than you did while you were taking it. Be patient, and stay with it; the practice you gained while taking the medication can help you continue to work with and learn about your arousal levels.

What exactly happens in arousal?

► Arousal is a part of our every moment.

Arousal keeps us breathing, increases when we need to concentrate on something important, and calms down to let us sleep. The arousal system even has its own neurological pathway (the autonomic nervous system), separate from the nerves that make your muscles move.

But arousal cannot be controlled directly. For instance, your heart beats without you deciding to make it beat. Although you can slow your heart rate a little bit by thinking about it, it's impossible to control your heart rate entirely with conscious thought.

Likewise, during sexual arousal, any person has room to tinker, particularly in the early stages. However, one may reach the "point of no return"—the brink of the orgasmic threshold when it is no longer possible to slow down and delay orgasm. Learning how to finesse your personal arousal is the key to choosing the satisfying sexual experiences you desire.

► In men, it's often assumed that orgasm and ejaculation are one and the same. That's not the case.

Orgasm and ejaculation events are two separate physiological responses in men, with ejaculation happening 2 to 3 seconds after orgasm.

- Orgasm: cognitive awareness of pleasure with the rhythmic, slow pulsing of the pelvic floor muscles.

The nitrergic parasympathetic autonomic system is responsible for the orgasmic response in both men and women. Men may experience the pelvic floor contractions as a pleasant fluttering or throbbing sensation.

- Ejaculation: the coordinated propulsive contraction of the spermatic duct, seminal vesicles, prostate and urethra designed to propel a small amount of seminal fluid out of the penis.

Men have a unique spinal ejaculatory neural center (between T11 and L1), influenced by the sympathetic autonomic system, which coordinates the ejaculatory response.

Solutions to Eager Ejaculation

Here are some solutions that can make you a better lover and a more satisfied sexual person.

Path One: Come and Come Again!

► One strategy is to have a whole bunch of orgasms with ejaculation, rather than just one.

Who wrote that "only one" rule, anyway? This is your sexual pleasure we're talking about, and no one else decides when the curtain goes down on your party. It's okay to accept what is and have fun the way you are. Does it have to mean the end

of everything because someone ejaculates? Nope! Sometimes, it's helpful to give yourself permission to have a big, long sexual session.

The multiple orgasms and multiple ejaculations technique is probably the easiest to learn. The idea is to focus very consciously on the sensations that are arousing to you, do exactly what arouses you most, and don't hold anything back. Play around, and if you want to ejaculate again, go for it. If you need a toy like a dildo or vibrator to increase the intensity of your erotic play, consider investigating the possibilities rather than holding back.

► Having trouble getting an erection after ejaculating?

Try using an erection (aka "cock") ring. Cock rings are great when your body says "not yet," but your desire is still flowing. A cock ring is a flexible strap that can be secured around the base of the penis. It works by allowing blood to flow into the penis, but not out. You can put a cock ring on when you are soft or after you've gotten another erection. While you shouldn't leave one on for more than 30 minutes, there's a lot you can do in that amount of time.

► The major drawback to multiple ejaculations is that it can be hard to avoid post-ejaculatory stupor.

With several ejaculations, your arousal system will have exhausted itself, and you might not have the energy to go on without some rest.

Path Two: Multiple Orgasms without Ejaculation

It's possible to learn to stop every orgasm before ejaculating, and to orgasm several times without ejaculating at all. Interestingly, it's the ejaculation itself that is often experienced as exhausting, and some men who experience multiple orgasms without ejaculation notice an energizing effect.