

# Learning Ejaculatory Control

*Adapted from Barry McCarthy, Ph.D, American University, Metz, Michael and McCarthy, Barry (2003). Coping With Premature Ejaculation. New Harbinger*

1. Premature (rapid) ejaculation is the most common male sexual problem. It is defined as ejaculating within 2 minutes of intercourse and not feeling in control of when you ejaculate. The majority of men begin as early ejaculators and 30% of adult males complain of premature ejaculation.
2. Many men try to reduce arousal by focusing on non-sexual thoughts, using condoms, penile desensitizing cream, masturbating before couple sex and other techniques. These DO NOT help you learn ejaculatory control and can cause erectile dysfunction or couple alienation.
3. The keys to learning ejaculatory control are first to identify the point of **ejaculatory inevitability** (after which ejaculation is no longer a voluntary function) and then build comfort at high levels of arousal without going to the “point of no return.”
4. Ejaculatory control can be learned through self-stimulation and through partner stimulation.
  - This means slowing down the sexual experience with a focus on sharing pleasure
  - Focus both on relaxing the body and feeling the physical arousal without trying to tune it out
5. The strategy in learning ejaculatory control is counterintuitive: you must increase your comfort with and awareness of pleasure and touch, not decrease your awareness of the stimulation. Ejaculatory control during intercourse is complex and challenging.
6. The most effective technique is “**stop-start**.”
  - Signal your partner to stop stimulation as you approach the point of inevitability.
  - Stimulation stops for 30-60 seconds until you no longer feel you are going to ejaculate.
  - Resume stimulation with focus on relaxation and pleasure.
  - Focus on maintaining ejaculatory control for 5-10 minutes with non-intercourse stimulation and 3-5 minutes of intercourse.
7. Practice stop-start first with masturbation, then with oral stimulation, and before and during intercourse. Learning ejaculatory control is a gradual process requiring practice and feedback. It takes most couples 3-6 months to master ejaculatory control during intercourse.
8. Have **realistic expectations and goals**. The typical lovemaking session takes fifteen to forty-five minutes, of which two to nine minutes involve intercourse.

9. One-in-four women have the same orgasmic pattern as men (single orgasm during intercourse). One in three women is never or almost never orgasmic during intercourse. Improving your control over ejaculation is to help increase pleasure and eroticism for you and your partner, not to make the woman orgasm during intercourse.
10. When you ejaculate, whether rapidly or voluntarily, enjoy the feelings and sensations. Self-recrimination or blaming your partner does not facilitate ejaculatory control.
11. Your partner's emotional and sexual feelings are integral in the learning process.
  - Partner's role is intimate, loving, supportive
  - Partner can accept non-intercourse pleasure
  - You can give your partner arousal and orgasm with manual, oral, rubbing or vibrator stimulation, before or after ejaculatory control exercises.
12. Remember, do not try to reduce stimulation or arousal. You do not want to develop an erectile or desire problem. Focus on awareness, comfort, pleasure and arousal without moving rapidly to ejaculation.
13. The essence of sexuality is **sharing pleasure**, not perfect individual performance. Couple sex is inherently variable, sometimes good, sometimes okay and sometimes not okay. The "good enough sex" model is that 85% of the time you enjoy ejaculatory control during intercourse.