

- ① Overcoming the problem of premature ejaculation can be viewed as the man learning to perceive and control the sensations prior to ejaculation. In some ways this is a little like a child learning to become continent by paying full attention to the sensations of a full bladder. The aim of the following techniques is to make the man more aware of those sensations, and to develop greater control by raising his threshold of excitation and subsequently ejaculation.
- ② Two techniques have been proposed that are very similar in their thinking: the 'pause' or 'stop-start' technique, and the 'squeeze' technique. Both involve creating an erection and a high level of arousal, then interrupting it prior to ejaculation. With the interruption or withdrawal of stimulation, arousal levels plateau and then subside. Stimulation can then be continued after a break of 20 to 30 seconds.
  - a The 'squeeze technique', put forward by Masters and Johnson in 1970, involves the female partner stimulating the penis manually until her partner indicates that he is nearing ejaculation. The female then squeezes her partner's penis under and behind the glans around the coronal ridge. The pressure is applied for around three seconds. The squeeze should stop the urge to ejaculate. Then after 15 to 30 seconds, stimulation of the penis can start again, and then once again, prior to ejaculation, the penis can be squeezed.
  - b The 'pause' or 'stop-start' technique again involves stimulating the penis to the point prior to ejaculation. Stimulation is then stopped for 15 to 20 seconds. The man then learns to control the feelings and sensations. It is sometimes helpful deliberately to think non erotic and distracting thoughts which can break the cycle of arousal. To further increase control, initial stimulation should be carried out without lubrication, then once control is established, move on to using lubrication simulating vaginal conditions.
- ③ The next stage after manual stimulation is to insert the penis into the vagina. The female superior position is best to start off with, as this offers the man the best chance of ejaculatory control. Initially, stay still and just experience the sensation, then start slow thrusts, but slow down or stop whenever you notice the sensations prior to ejaculation occurring.
- ④ Sensitivity to reach orgasm very quickly can sometimes be reduced by using a condom, alcohol, renewing sexual activity one to two hours after having previously ejaculated, deliberately thinking non-erotic thoughts or increasing the frequency of intercourse. The more often you have reached orgasm in a given time period the lower will be your level of excitability.