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The Squeeze Technique - How To Control Ejaculation

If you regularly ejaculate sooner than you and your partner wish such as before intercourse begins or shortly afterward you may have a condition known as premature ejaculation which is a common sexual disorder. Treatment options for premature ejaculation include medications and sexual therapy. For many men, it's the exercises practiced in sexual therapy that works best.

Sexual therapy may involve simple steps such as masturbating an hour or two before intercourse so that you're able to *delay ejaculation* during sex. And, you may want to make an effort to avoid intercourse for a period of time and focus on other types of sexual play (exercises/techniques) so that pressure is removed from your sexual encounters. One method is the squeeze technique.


The Squeeze Technique

1. Begin sexual activity as usual, including stimulation of the penis, until you feel almost ready to ejaculate.
2. Have your partner squeeze the end of your penis, at the point where the head joins the shaft, and maintain the squeeze for several seconds, until the urge to ejaculate passes.
3. After the squeeze is released, wait for about 30 seconds, and then go back to foreplay. You may notice that squeezing the penis causes it to become less erect, but when sexual stimulation is resumed, it soon regains full erection.
4. If you again feel you're about to ejaculate, have your partner repeat the squeeze process.

Repeat this as many times as necessary, because you will reach the point of entering your partner without ejaculating. Remember practice makes perfect and after a few practice sessions, the feeling of knowing how to delay ejaculation will become a habit that no longer requires the squeeze technique.

So, if you're fed up with falling short and not performing to the best of your ability in bed, Derek Bijnaam has discovered a great guide with simple - easy to learn techniques. He reveals the resource at <http://postponeejaculation.blogspot.com/>

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