



EAGER EJACULATION

Support



- ✓ Reduce Stress, Eat a Healthy Sex Diet, Exercise
- ✓ Release Standards and Stereotypes
- ✓ Love and Explore your Body as It Currently Is
- ✓ Plan & Communicate About Play Time with Your Partner
- ✓ Let go of Performance Anxiety and Control
- ✓ Relax Your Mind and Body
- ✓ Notice Internal and External Sensations
- ✓ Breathe
- ✓ Make Sounds
- ✓ Move your Body
- ✓ Contract and Relax your pelvic muscles
- ✓ Utilize Visualization
- ✓ Use a Number System to Track Your Arousal
- ✓ Practice Edging
- ✓ Slow Down
- ✓ Take a Break for Co-Regulation, Cuddles, or Sensuality
- ✓ Have more Frequent Orgasms or Orgasm Before Intercourse
- ✓ Wait Until your Partner has High Arousal Before Penetrating
- ✓ Explore Othercourse & Pleasure Brakes & Accelerators Outside of Intercourse