

# DELAYED 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
- ✓ Exercise Intensely and/or Increase Foreplay
- ✓ Breathe
- ✓ Make Sounds
- ✓ Move your Body
- ✓ Utilize Visualization, Fantasy, or Kink
- ✓ Utilize Cock Rings, Sleeves, and/or Anal Stimulation
- ✓ Masturbate to high levels of arousal before intercourse
- ✓ Avoid Edging and Instead Practice Immediate Orgasm
- ✓ Have Less Frequent Orgasms
- ✓ Masturbate using varied and replicable techniques
- ✓ Don't have an orgasm every time
- ✓ Explore Othercourse & Pleasure Brakes & Accelerators Outside of Intercourse