

4 THINGS

THAT TRIGGER A MAN TO EJACULATE

Before He Wants To

1

Breathing shallowly into the chest.

2

Tightening muscles and increasing tension in the pelvis, thighs, or the whole body.

3

Stop-at-nothing hard fast stimulation on the penis.

4

Fantasy, fear or porn, which takes him into his mind, out of his body.



Here's Why...

1

Breathing shallowly into the chest.

When a man feels over-excited, stressed, worried about his performance, or whether this time will be like the last time, he tends to breathe shallowly into his chest. This can contribute to the activation of the sympathetic nervous system (SNS).

Known as the fight or flight response, this SNS activation plays a very important role in our lives, as it's designed to fire in response to a threat in the environment, giving us a burst of energy to fight or flee.

In doing so, it diverts energy away from any body process that's not needed in that moment for survival. This includes digestion, immune system response, and yes, you've guessed it, an erection, or the ability to indulge in all the unhurried delicious delights of lovemaking.

It can lead to a man experiencing the very outcome he fears as the SNS inhibits erection and stimulates ejaculation.

2

Tightening muscles and increasing tension in the pelvis, thighs, or the whole body.

It's common in our culture for men to associate tightening with arousal. In fact, tightening the muscles can be a way to resist feeling pleasure, to resist being fully IN the body. The stress he feels before or during lovemaking releases a flood of stress hormones, which cause his muscles to tense up even more.

Tightening up is neurologically connected with the fight or flight syndrome. As energy in a SNS activation is diverted away from what's not necessary for survival, it flows to the limbs where it is needed to either fight or flee.

Not only that but when the SNS fires, the ventral vagal system, the pro-social engagement system, goes offline. Physiologically, a man cannot be fully present to his partner when this happens. On the contrary, he will often find himself in a detached bubble of worry, hostage to a spiral of negative thoughts that invade his mind, which he can't shut off.

This repetition of his inability to be present can add to the increasing sense of distance between him and his partner over time.

3

Stop-at-nothing hard fast stimulation on the penis.

When a man breathes shallowly into the chest, tightens his pelvis and legs, stimulates his penis hard and fast via masturbation or intercourse, it's like priming a pump. In this, there's only one way that energy can flow. Out of the penis. As soon as possible.

While consciously he wants to last longer, he's unconsciously actively working against his desire. Not understanding this can lead to massive frustration and disappointment when he keeps producing the result he doesn't want, over and over again.

On this point, there's a dynamic that many men seem to relate to...

Few men in our culture grew up learning or being encouraged to delight in leisurely self-pleasure. Nor received positive messages about their sexuality. Instead, they were largely taught to feel guilt or shame about masturbation. So to avoid being caught in the act, masturbating with the goal of ejaculating as soon as possible made perfect sense when they were young.

Because...

It was a survival strategy. Because the shaming and possible punishment is what a boy's subconscious mind was desperately trying to protect him from. It was a survival strategy that worked.

Yet once established, this habit can be very hard to break. Over time, the body becomes programmed to ejaculate quickly. Even when there is no danger, and a man's conscious mind and heart want it to do the exact opposite!

4

Fantasy, fear or porn, which takes him into his mind, out of his body.

While engaged in the above 3 activities, this is the final nail in the coffin of a man's attempts to last longer. Already out of touch with his body; fantasy, fear (of what might or might not happen), or porn, disconnects him from what he's actually FEELING.

The thoughts or mental images combined with a high state of SNS arousal leaves him with little chance of having a different experience to those of the past.