



## Hidden Causes of Erection Problems Checklist

Use this checklist to identify the contributing factors to your erection problem. Tick all boxes which apply to you and make sure you are totally honest, to ensure you will be able to eliminate your erection problem forever!

**These are the leading causes of erection problems. Which ones definitely apply to you?**

- I suppress my sexual arousal
- My partner is unwilling to have sex with me
- I am unable to remain focused on the sexual act
- I don't actually know how to maintain a strong erection and stay in control

**Reasons for suppressing sexual arousal. Which ones apply to you?**

- My work is high-pressured and stressful - sometimes I feel anxious
- Personal inactivity - I rarely have sex
- I make excuses when it comes to getting enough exercise
- I just don't feel much desire these days
- I don't know how to redirect sexual arousal!

**Is your partner unwilling to have sex with you? Which of these apply to you?**

- I don't know how to fulfill my woman emotionally
- It seems like we are disconnected - we don't seem to want the same things like we used to
- I have doubts whether my sexual technique is effective and satisfying her
- I want to have sex often so I can stop feeling frustrated and relieve the sexual pressure!
- I don't last very long before I lose my erection - I have performance issues
- I ejaculate too quickly - I just can't control how long I last

**Do you have an inability to stay focused on the sexual act? Which of these apply?**

- I am worried about my performance time
- I am unable to stay emotionally connected with my partner during sex
- I am unable to stay focused on the sexual act

**Do you know how to attain and maintain a strong erection?**

- I struggle to actually get an erection
- I can get an erection, but I can't keep it hard
- Sometimes it stays hard, but I don't know how I did it
- Erections aren't a problem, I just can't keep control!
- I can't focus on control and stay emotionally connected with my woman

**How do you feel on a personal note?**

- My mind is always busy
- I often judge myself
- I often feel lonely and/or needy
- I often feel depressed
- I often feel like I don't fit in
- I want to know how to feel better than I do now

I have the answers to eliminate all of these problems in my pre-recorded program for men:

Sex Mastery: Hard AND in Control!

<https://www.endtheproblem.com/programs/hard-and-in-control-sex-mastery/>

Deal with the problem - so you no longer have a problem!