

SEX MASTERY

3 EASY STEPS TO ELIMINATE
SEXUAL FRUSTRATION



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Is Sexual Frustration Getting the Better of You?

Sexual arousal is often an unwanted intrusion on your ability to focus. It can be irritating and annoying when your mind needs to be focused on other important tasks.

Any of your senses can trigger arousal, so it is important to know exactly how to control and regulate it – as the timing is not always appropriate!

A common misperception is that a man must ejaculate to release sexual tension. That is a myth. You can easily turn sexual arousal on and off and I will explain how to do in this report.

The Harm in Repressing Sexual Arousal

Many men *suppress* sexual arousal which can cause its own set of problems. You might do this when you think you have ejaculate but have no way of doing so (like when you're at work).

When you suppress arousal (by trying to ignore it) it usually takes 3 or 4 minutes to settle down or can leave you feeling sexually frustrated for hours.

Constantly bending your penis in your underwear to hide an erection can cause damage to your penis. This can result in your [penis bending in an unnatural position](#) which can cause pain and affect your ability to have normal sex.

Suppressing sexual arousal on a regular basis can also cause a loss of awareness of feeling which leads to:

- Weak erections
- Erectile dysfunction
- Low libido
- Feeling sexually disconnected, compromised, frustrated and alone.

For some men, the problem is at the other end of the scale. When he feels huge amounts of sexual tension building throughout the day, he can feel so wound up with his sexual arousal that he becomes over excited – and ejaculates prematurely.

What You Need to Know About Sexual Arousal

You cannot become aroused unless your awareness is in your genital area. When you have sexual thoughts, or your mind engages in sexual fantasies, it is normal to “relate” those thoughts back to your penis which then creates a pleasurable sensation.

If you indulge in bringing your attention to your penis by thinking about why you are horny, flexing your penis, squeezing your penis with your hand, thinking about sexual fantasies, or viewing erotic porn or pictures, then your continued sexual focus will keep activating the sexual arousal program in your brain.

The Main Causes of Sexual Frustration & How to Resolve Them

Your mind will always come back to a subject you do not have the answers for. Sexual frustration is frequently a side effect of other issues not being dealt with.

There are two parts to dealing with a sexual frustration issue:

1. The physiological aspect (resetting your body so arousal is turned off)
2. Dealing with the issues leading to sexual frustration

I will explain the technique to resolve the sexual tension you are feeling below. Then you might want to consider dealing with these important areas of life:

- Understand how to attract and keep a partner.
- Become fit and healthy to keep your ideal partner attracted.
- Fulfil all areas of your life so you don't come across as being needy.
- Make sure you are allowing time for a partner in your schedule.
- Learn how to fulfil a partner so you can succeed in your relationship.

3 Easy Steps to Turn Sexual Arousal 'OFF' in Just 10 Seconds!

This technique will not stop sexual thoughts and feelings from reoccurring; however, it will provide you with an effective method of dealing with *unwanted* sexual arousal each time it is triggered.

It is common for the sexual arousal program to be triggered frequently for males - so you may find it necessary to use this technique several times throughout the day.

In each instance of arousal, first determine whether (or not) you want to be feeling aroused at that time. Is it appropriate, or inappropriate timing? If you need the arousal to go away quickly, use the following technique.

Step 1 – Deal with Your Body’s Stress Response

Ask yourself this: Can I have sex right now? If the answer is no, then your body’s natural stress response may be triggered. This causes increased heart rate and muscle tension which only lasts for a few seconds if you do not mentally analyze it. Just allow that moment of discomfort and it will subside within seconds.

Step 2 – Acknowledge Arousal to Reset Your Brain

It is physiologically impossible to try not to think about something as this will immediately bring the subject you are trying to block to the front of your mind. If you try not to think about a black car, what immediately comes to mind? A black car.

It works the same with arousal. The more you try not to think about it, the more aroused you become. If you just TRY NOT TO think about feeling sexually aroused or frustrated, your mind will keep coming back to the subject of sex!

Here’s an example of how this works: Hold your arm out to the side and try to ignore it. Trying to ignore your arm doesn’t move it down to your side. You may become aware of the discomfort of your arm tiring after a period of time, but your arm won’t move until your body receives the command from your brain to change your position.

Switching your attention to another task which doesn't involve your arm being held out to the side, will make your arm change position to accommodate that new task. The same concept applies to your penis and sexual arousal.

To avoid confusing your brain, give it a clear starting point by acknowledging that you are feeling aroused. If the timing's not appropriate, then give your brain another job to focus on.

Step 3 – Give Your Brain a Job

Our brain will default to its most used neuropathways until we consciously change them. While this initially requires some conscious effort, the benefits will last for life.

You need to consciously steer your sexual focus toward non-sexual focus. Do this by switching your attention to an unrelated task which requires your full attention.

Tasks which involve concentration and intricate hand movements are especially effective as they require your full attention mentally.

Some ideal mental tasks include typing, writing, texting on the phone, gaming.

Put your whole attention, your whole mental focus onto executing and completing that mental task.

I know it is tempting to return your mind to your penis because the sensations can feel good. But when your mind returns to your penis and/or sexual thoughts... chances are you may reactivate the sexual arousal program in your brain.

If you accidentally retrigger the arousal program mentally or physically, simply repeat this technique as required.

In Summary

Admit to yourself when you're feeling aroused, and that it feels good, then determine whether or not the arousal is appropriately timed. If the timing doesn't work for you, decide to enjoy yourself later. Then switch your whole focus to mindfully completing the intricate details of a mental task (involving your hands) which requires your full attention.

There's nothing wrong with enjoying sexual arousal when it is appropriately timed. Remember that you need only switch sexual arousal off if you need to focus on another task, or when someone is speaking to you, and you need to be paying attention.

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Additional Things to Be Aware Of

If you suffer from the inability to attain and maintain a strong erection during sex (or if you ejaculate early) then your brain requires a system upgrade.

Other causes of sexual frustration can include sexual dysfunction problems including premature ejaculation (ejaculating too fast) erectile dysfunction (soft or weak erections) or from a lack of sexual interest by your partner.

If you have a partner, but they have lost interest in sex:

- Determine if your sexual technique is putting your partner off having sex with you
- Ask your partner why they have lost interest in sex
- Does your partner have health problems which are affecting their libido?
([Vaginal dryness](#) is a common libido killer for women over 40 and easy for me to fix)
- Gain skills to improve your sexual technique
- Ensure you are fulfilling your partner outside of the bedroom

It's common for women to lose their libido after childbirth, especially if they are unable to orgasm, or if they have reached menopause and are experiencing inner vaginal dryness which can lead to sex being extremely painful.

If, after answering these questions your partner is still not interested in sex (or has never really been interested in sex) then you may be sexually incompatible - in which case you will experience a life-long sexual frustration problem if you stay together with that partner.

NB: A partner unwilling to have sex *may* regain interest once they understand how to control their own sexual programs, so that they too, can feel fulfilled sexually.

If your partner lives overseas:

- Discuss having an open relationship while the partner is overseas, so you can fulfil your sexual needs as a human being (not many would agree to this)
- Diligently practice the method outlined above

Self-confidence comes from knowledge as well as developing yourself as a person. If you don't have confidence in the above areas, then you will be constantly thinking about sex and how you can get more of it.

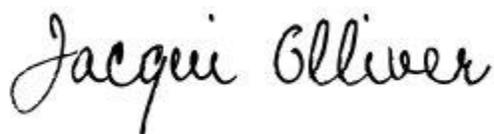
If you have any of the above problems, your mind will continually switch back to the subject of sex until you develop and improve on your complete sexual strategy.

Not knowing what to focus on (and when) is the root cause of most sexual problems. If any of the above problems are plaguing you or your partner, then undertake my essential training so you can stop feeling alone and frustrated – and start enjoying mutually satisfying relationships!

[Sex Mastery Program for Men: Hard AND in Control](#) – explains step-by-step how to solve weak erections, early ejaculation and delayed ejaculation issues... as well as how to time your orgasm with your partner's final orgasm every time, so you feel like a king in bed. (Buy now and SAVE 50%!)

[Sex Mastery Program for Women: Enjoyable Sex and Orgasms](#) – explains step-by-step for women, how to get turned on, stay turned on and easily achieve orgasm. (Buy now and SAVE 50%!)

[How to Fix a Curved Penis Naturally and Without Surgery](#)



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