

Male Control Checklist

When Do You Lose Erection Hardness?

When you lose erection hardness depends on your focus leading up to foreplay, when you apply lubrication or a condom, during penetration, during foreplay and during intercourse. Usually, erection loss equates to focusing too much on your partner's needs, worrying about losing your erection or trying not to think about losing your erection.

If you are initially unable to become erect, you are worrying about your partner's apparent lack of interest, or whether or not you will gain an erection, and are therefore focused on the wrong subject matter to trigger the erection in your brain. You may also have initiated foreplay without arousing yourself first, or have physical weakness in your penis muscles due to lack of penetrative intercourse.

If you lose your erection during foreplay, you are focusing too much on the mechanics of giving your partner foreplay or on your emotional or spiritual connection without switching back frequently enough to how sexy it is, how arousing it is and how much foreplay turns you on. You may also be worrying about (or trying not to think about) losing erection hardness or ejaculating early when you put on a condom or penetrate your partner.

If you lose your erection when putting a condom on, you may have focused too much on the technical aspect of giving your partner foreplay or on the mechanical actions of applying the condom. You may also be worrying about losing your erection or trying not to think about losing your erection when applying the condom (or lubrication) and when you penetrate and start intercourse.

If you lose your erection at the start of penetration, the entry to your partner's vagina (anus) may be too dry and therefore difficult to penetrate. You may also be worrying about whether or not you will maintain erection hardness during intercourse and/or trying not to think about losing your erection.

If you lose your erection while changing position, you are focusing too much on the technical aspect of changing position and not switching back to enough sexually arousing thoughts, feelings and actions. You may also be worrying about losing your erection or trying not to think about losing your erection.

If you lose your erection during intercourse, you are focusing too much on fulfilling your partner's needs (or worrying about your partner) without switching back to your own enjoyment. You may also be worrying about losing your erection or trying not to think about losing your erection.

If you lose erection hardness during foreplay, putting a condom on, at the start of penetration and during intercourse, you are overly focused on fulfilling your partner's needs and constantly worrying about losing your erection and/or trying not to think about losing your erection.

If you lose erection hardness during foreplay, putting a condom on and at the start of penetration and then you ejaculate after a few minutes, you have focused too much on fulfilling your partner's needs during foreplay without switching back to your own enjoyment of that act. As soon as you have

penetrated you have started worrying about when you will ejaculate and tried not to think about ejaculating early and overstimulated yourself with erotic thoughts.

When Do You Ejaculate?

When you ejaculate depends on how you have focused before foreplay, *during* foreplay, leading up to penetration and during intercourse. Early ejaculation is caused by being overly focused on yourself, thinking about how aroused you are feeling, how arousing your partner is, worrying about ejaculating early and trying not to think about ejaculating early.

If you ejaculate before foreplay, you have overly focused on yourself. Thinking about your penis, arousing thoughts, how aroused you are feeling, over indulging in thoughts of sexual fantasies and the sensations in your penis.

If you ejaculate during foreplay, you are overly focusing on how aroused you are feeling, how arousing your partner is, trying not to think about ejaculating and worrying about ejaculating.

If you ejaculate when putting a condom on or when applying lubrication, you are overly focusing on how aroused you are feeling, how over stimulated you are and you are trying not to think about ejaculating.

If you ejaculate at the start of penetration, you have focused too much on yourself during foreplay, or on how arousing your partner is. And been trying not to think about ejaculating as you penetrate. A dry entry (no lubrication) increases friction and increases the likelihood of over stimulating your brain sexually.

If you ejaculate while changing position, you are focusing too much on how arousing your partner is, how aroused you are feeling, worrying about ejaculating and trying not to think about ejaculating.

If you ejaculate during intercourse, you are switching back too frequently to thoughts about your penis - either worrying about ejaculating, trying not to think about ejaculating, or trying not to focus on the sensations in your penis and how arousing your partner and/or intercourse are for you.

If you ejaculate early during foreplay, putting a condom on, at the start of penetration and during intercourse, you are overly focused on your own experience during sex, worrying about ejaculating and trying not to think about ejaculating.

If you feel over stimulated during foreplay, then lose your erection at the start of penetration, you are focusing too much on how aroused you are feeling during foreplay, then trying *not* to feel over aroused during foreplay and worrying about losing your erection before you penetrate.

If you feel over stimulated during foreplay, putting a condom on and at the start of penetration and then you lose your erection during intercourse, you are focusing too much on how aroused you are feeling during foreplay, worrying about ejaculating and trying not to think about ejaculating at the start of penetration, *then* trying not to feel over stimulated during intercourse and worrying about losing your erection during intercourse.

If You Are Unable to Ejaculate

You are switching back to your partner's needs, are too focused on just building rhythm, worrying about whether or not you will ejaculate and trying not to think about not being able to ejaculate.

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