

Part 1: The Problem and the Cause

What is the Switching Technique?

The switching technique is a method used to control the natural switching which occurs between your conscious and subconscious minds. Just like a computer, your conscious mind “switches” to access the data and programs stored in your subconscious mind.

Switching also naturally occurs when you switch our attention from a thought to an action or from one task to another.

Why you need to Switch during sex:

It's normal for your mind to lose attention. But during sex you need to reorganize your thoughts to ensure you keep the correct focus sequence and activate the correct muscle programs attached to that/those thoughts.

Your conscious mind can only focus on one thing at a time and the direction of that focus dictates which muscle programs are activated in your brain. You must literally direct your focus to the correct subject matter - as trying to avoid, or trying to switch away from a thought brings your full attention to that very thought which you are trying to avoid.

In other words, trying not to think about your penis when you notice your erection feels weak will under stimulate your brain sexually and make it go flaccid. Similarly, trying not to think about your penis when you are feeling over aroused will over stimulate your brain sexually and make your penis squirt.

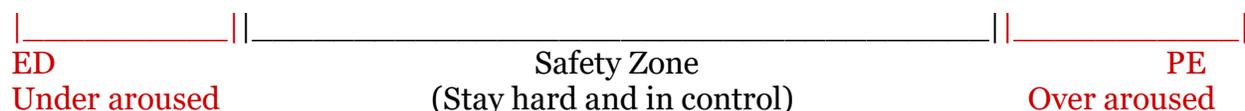
A functioning sexual union between a male and a female is determined by two factors:

1. How long it takes for her to finish orgasming
2. How long it takes for you to ejaculate

Now remember, that a woman can take up to TWENTY minutes to achieve her desired amount of orgasms eg; 5. Whereas a man takes ONE minute to ejaculate. So on that premise you must keep sexually active for 20 minutes before you ejaculate.

Erectile dysfunction and premature ejaculation are similar problems, but at opposite ends of the arousal scale. The arousal scale is the measurement of how much pleasure you are feeling.

Arousal scale



When you're on the under aroused end of the scale you'll fall off the edge because you can't maintain your hard. When you're on the over aroused end of the scale you'll fall off because you ejaculate early.

When you have weak erections, you are on the lower end of the arousal scale. Usually this is manifested by putting too much emphasis on your partner (- eg: too much foreplay on her) being distracted and thinking about the overwhelming circumstances and consequently losing control of your erection hardness due to this pressure...

Too much time spent doing other things and not enough emphasis on trying to inflate your own penis while attempting to reach the "hard" zone on the arousal scale.

With a malfunctioning penis, she has barely started her pleasure time and you can't participate with her any further!

When you ejaculate early you are on the upper end of the arousal scale. Usually this is manifested by putting too much emphasis on yourself. This is the beginning of the initial problem because it is basically selfishness – even though it's usually unintentional. This could be considered a loss of self-control.

REMEMBER it takes one minute to ejaculate (when you put your mind to it) whereby if you choose the wrong moment, it ends up being a disaster because she has been shortchanged in sexual participation time!

It is common for men with either of these problems to go from one extreme to the other as they worry about how their penis is going to perform.

Can't get a hard, ED, PE and can't ejaculate all stem from the same erotic zone but for different reasons. Males can transition through any variation of the above. The answers to all problems are presented here for that reason, so you don't have any confusion later!

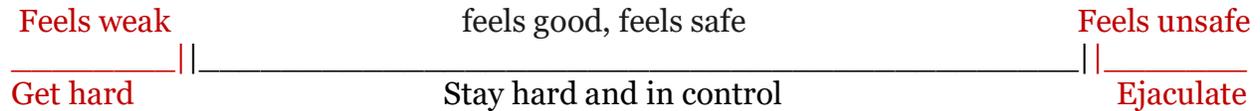
Your Female Requires You to Pay Attention

Now that you understand the female requirement for multiple orgasms, you must realize that these are achieved randomly. There is no time restraint during foreplay and intercourse, yet you must still maintain self-discipline about maintaining your hard and ejaculating on time. So, the primary concern is to have confidence and plan your strategy.

Every female is different, some like kissing, feeling, oral, masturbation or penetration. You must discover what is orgasmic for her, and the easiest strategy is to ask. Failing that, you might randomly try different approaches by trying them all for short periods.

You will gauge the most effective by her verbal response. Then, it's a matter of continuing trial and error until you hear the best response.

While all this is happening you must gauge your own response. Remember the arousal scale and briefly check in where you are on that scale.



If penetration at that moment isn't required then you are safe BUT if penetration appears to be the next obvious step, then you must summarize your capability: Can I get a hard or do I need a hand?

Now remember this, a lot of females ARE NOT SKILLED at sex as well. So you may have to "hint" at a choice, perhaps masturbating your penis? She will oblige and get you ready for penetration.

If you are on the arousal scale where you should be - there are no involuntary twitches and it feels safe – then you would appear to be safe to enter her.

So if it feels like you're going along nicely, your penis is hard or thereabouts, there is no impending sensation of "pushing" by your penis : Now remember that the group of muscles which constitute arousal of your penis are like a 4-wheel drive, once they are moving to push the sperm out they are hard or impossible to stop! **Better to not tempt fate and stay in the safety zone.**

Conversely, if you haven't reached that zone, you need to get there. Think about the sexual act you are performing and "energize" those muscles by erotic thoughts. Constantly think about your arousal so the erection program kicks in, **then** once you are up to size put your thoughts back to her!

This is another version of switching, from her, to your penis, to the actions of the sexual act. Get it right and hard AND in control is easy!

When you apply the following strategies you will find it much easier to get an erection, keep an erection, stay in what I call "the safety zone" – the Hard AND in Control zone on the arousal scale and only ejaculate when you and your partner want you to.

Think of sex as a game of strategy! Once you understand the procedure, boundaries and limitations, the game of sex will become much more relaxing and enjoyable.

From time to time you will check in on your penis (to check position on the arousal scale) so you can plan your next moves without compromising your love making and making mistakes: STRATEGY OF THE GAME

Sexual control requires balancing The Sexual Trifecta:

This works like a reset button, it interrupts your negative thought pattern so you can then refocus your attention for hard AND in control. Consciously allow the PHYSICAL sensations of an emotional response to pass if it's triggered.

(Increased heart rate! Muscle tension!) Physically this feels **intense** and uncomfortable but like a sneeze, it's ONLY for a few seconds.

Now you will be able to think clearly.

As a general rule: (how to is explained later on)

Foreplay requires **more** focus on your partner and attending to the physical actions of, giving your partner oral or manual stimulation. Whereas you still need to check your sexual focus while you are doing this so your penis stays hard.

She would appreciate more attention on making foreplay an awesome experience for her.

NOTE: If you over focus on attending to the physical actions of giving her foreplay (or on your emotional connection) your brain will wander and you will lose your erection.

NOTE: If you focus too much on your own arousal during foreplay, and move to the top and outside the arousal scale, you will over stimulate yourself sexually and ejaculate early.

Intercourse generally requires maintaining a slow to moderate even rhythm which fulfils your partner by keeping her in the orgasm zone.

Remember: You must still switch to check your sexual focus to be able to maintain:

- 1: enough hardness to carry out the required tasks and
- 2: without ejaculating

Most of your attention is making intercourse an awesome experience for her.

If you just focus on attending to *her* needs during intercourse, you will under stimulate your brain sexually and start losing your erection.

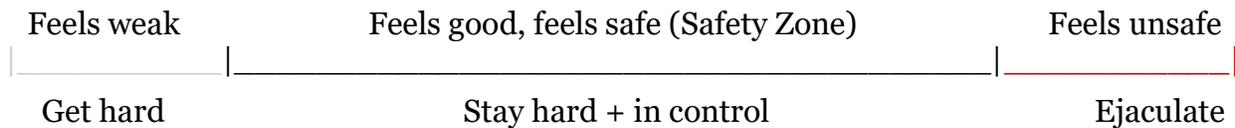
If you over focus on how *arousing* intercourse is, you will over stimulate your brain sexually and lose ejaculation control.

Ejaculation requires YOUR full attention, remembering it only takes one minute to ejaculate, once you put your mind to it. Some males can't ejaculate at all, because they are more focused on their partner's needs and therefore unable to build and sustain sufficient rhythmical action to ejaculate.

Stick to the Basics: Intention + Focus + Actions

Your intention is to get hard and last longer so you can satisfy your partner in bed (get hard, then stay hard and in control, and then ejaculate.) You must align and re-align during sex your mental focus and actions to advance these sex programs in the right order.

Checking in indicates where on the arousal scale you are currently located:



Checking in on your penis is required from time to time so you can gauge your arousal level, and actions can be adjusted to maintain your erection and stay in control of ejaculation.

Whereas if you stay focused on your penis, you're going to start worrying about it... or trying not to think about it (which is the same thing) and that's what causes imbalances on the arousal scale. **YOUR BRAIN IS DISTRACTED!**

You just need to **briefly** "check in" on your penis for a couple of seconds **intermittently (once a minute)** throughout **foreplay AND intercourse** to stay hard and in control. (If you check in for longer than 2 seconds you'll start over analysing your penis and arousal.)

Foreplay: briefly check how arousing it is and how nice it feels to keep your erection *without* overdoing it and overstimulating your brain sexually.

Intercourse: briefly check the feeling in your penis and check your rhythm, so you can stay hard *and* in control.

Ejaculation: make it all about *your own* pleasure.

When you switch your attention to check in on your penis: Briefly (for 2 seconds) check how nice it feels, your sensitivity and your rhythm.

When you're experiencing weak erections you need to "check in" on your penis to create stimulation to increase erection hardness. Once you have an erection and your penis is working, that's all your brain needs to know.

An occasional involuntary contraction of your genital muscle is normal during sex. If it feels ready, good and safe, it indicates you are in the safety zone.

But if it starts to regularly throb, pulse or tingle or if tip of penis starts feeling over sensitive or it just doesn't feel safe it indicates that the ejaculation program has been triggered. Which means you need to switch focus to the right subject matter, to move back down the arousal scale back into the safety zone or temporarily pause till equilibrium is restored. (This explained in Male Switching Technique Summary Part 2.)

Thrusting puts your mind in your penis whereas rhythm switches your attention to your partner. Use thrust thoughts to get hard and ejaculate, think rhythm to remain in the safety zone. Because too many THRUSTING thoughts lead to ejaculation (where as timing is required.)

Because your conscious mind can only focus on one task at a time, when you focus correctly, you will always stay in control of your movement along the arousal scale.

Understanding Sexual Positioning

When changing position, communicate if you can TOLERATE the position switching to, or not! If a specific position is required by your partner, you can adjust your sexual focus to stay hard and in control.

Example: Woman on top. Men often view this position as the female taking control. If a man prefers to be the one controlling the sexual act, he may become distracted and lose his erection.

A man who overly focuses on how arousing she is and how stimulating this position is, can lose control and ejaculate early.

Same position, different perspectives! By adjusting your point of focus, you may be able to take control of a previously intolerable sexual position. How to focus your attention is explained later.

Forget the porn education. A woman only achieves orgasm by focusing HER attention correctly during sex. So unless she's learned the female version of what I'm teaching you...

If you change position without her asking for it, you will switch her out of her orgasm program and return her to the beginning of the arousal scale.

Remember that most women require a slow even rhythm to stay in the orgasm zone and to feel emotionally connected during sex.

Focusing intently on keeping a **slow to moderate, even rhythm** will help keep your mind focused correctly to stay hard and in control. It also helps your woman stay in the orgasm zone.

What to Do If You Lose Focus

Allowing your mind to indulge in random thoughts is the fastest way for both of you to lose control over your arousal levels.

*Whenever you lose focus during the game of sex, briefly “check in” on your penis to check your position on the arousal scale... (it either feels weak, feels good and safe, or doesn't feel safe) so you will know HOW to adjust your thoughts and actions, to keep your erection hard and stay in control of ejaculation.

Disclaimer: This is not medical advice. Ensure you consult with a medical or associated professional to ensure any underlying medical issues or other related conditions are being addressed.

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