Part 1 Worksheet 1: Identify When the Problem Occurs

Reference: Male Control Checklist

Using the Male Control Checklist as reference, take your time and make a list of when you lose erection hardness and/or control over ejaculation. For example, before foreplay, during foreplay, at penetration, when putting on a condom, during intercourse, when changing sexual position, when trying to ejaculate.

The rest of the worksheets will build on this step.

I lose erection hardness at the following times:

I lose ejaculation control at the following times:

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Part 1 Worksheet 2: Identify the Causes

Reference: Male Control Checklist

Again, using the Male Control Checklist as well as the PDF summary from Part 1 as reference, make a list of the possible causes which made you focus on the wrong subject matter. Take your time to really figure this out, as it will enable you to more easily plan your strategy for sex in part 2.

No Erection, Weak Erections, Unable to Ejaculate

For example, focused too much on your partner, worrying about losing your erection, worrying about being unable to ejaculate. List specific details, for example if you're not aware of sensation in your penis is it because all your attention is on your partner? Are you focused on sexually arousing thoughts, feelings and actions or is your mind wandering and worrying about losing your hard? Take your time to really think about this and be as specific as you can.

I lose erection hardness because:

If losing erection hardness or being unable to ejaculate has been a problem for you, what now stands out for you about your previous sexual procedure?

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Early Ejaculation

For example, worrying about losing control, focused too much on my own arousal, focused too much on how arousing my partner is. Take your time to really think about this and list specific details, for example if you're overly focused on how arousing your partner is, is it when she makes noise? Is it when you see her nude body? Is it when she wants you to go hard and fast? Be as specific as you can.

I lose ejaculation control because:

If losing ejaculation control has been a problem for you, what now stands out for you about your previous sexual procedure?

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