

10 Things You Can Do Tonight To Delay Your Ejaculation

A special report by Christian Gudnason for readers of "How to Be Her Best Lover Ever"

1) **Deep Breathing**

Take a deep breath just before you are about to climax. This will briefly shut down the ejaculatory reflex. Also, daily meditation and relaxation can help relax you and put you in a great frame of mind for sex.

2) **Masturbation Before Intercourse**

Masturbating before sex may help some men with premature ejaculation problems because you will be less sensitive after ejaculation and you will have lesser arousal.

The problem with this is that arousal is only part of the problem of premature ejaculation. Masturbation may allow you to delay ejaculating a little, but you are still not obtaining control over your ejaculation.

3) **Alcohol**

Alcohol should always be used with caution, but sometimes a drink or two before sexual intercourse may help delay ejaculation. It also relaxes you from tension that may be causing problems with premature ejaculation.

Drinking too much can cause erectile problems so use caution. Also, this should be used only with people who already drink alcohol occasionally. If you do not drink, don't start for this.

4) **More Sex!**

Having sex more often will delay your ejaculation because you are more likely to ejaculate prematurely after a long gap. Same as masturbation mentioned above.

5) **Break!**

During sexual activity, take a break to allow your stage of arousal to fall temporarily. Just be careful not to let your partner's arousal fall.

6) **Different position**

Try woman on top. This position is less arousing than missionary position.

7) **Shorter thrusts**

When you first enter your partner, make shorter but deeper thrusts or move in a circular motion instead of the usual in-and-out technique. This will help delay your ejaculation.

8) **Talk**

Is there something bothering you or something on your mind? Are you angry or upset about something? Stress, anxiety and tension lead to premature ejaculation. You could last longer tonight simply by talking about your feelings and releasing that stress and anxiety.

9) **Work Out/ Exercise**

Exercise releases stress and also allows you time to get in touch with your body and with your mind.

10) **More Foreplay/Oral Sex**

If you can't always prolong the time in which you ejaculate, you can take a few steps to get your partner there faster. You can do this by extending foreplay so she is heated and excited before you have entered her with your penis.

Another excellent technique is using oral sex to bring your partner to orgasm before penetration. Focus on her. Spend time telling her how she looks and how she feels to you instead of focusing solely on how great you feel and how badly you want to come. This technique has the double pleasure of speeding her up and slowing you down a little.

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