

Premature ejaculation

April 21, 2019 | 9 upvotes | by [Needimprovenentguy](#)

Yup. One in six guys in the U.S suffers from it and unfortunately it is a problem in my relationship.
Does anyone have any advice to deal with it?

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Comments

turkeytrot69 • 23 points • 21 April, 2019 12:37 PM

The first question for you is are you a pornography user? If you are, then you need to stop; using pornography trains your body to climax quickly. For me, when i stopped— and it was more difficult than I thought it would be— my problem went away after about 90 days.

donmcde • 10 points • 21 April, 2019 12:44 PM

Porn had the exact opposite effect on me funny enough. Death grip + over reliance on visuals.

bananapants919 • 3 points • 21 April, 2019 09:27 PM

^ same experience as you but it just prevented me from getting as hard as I wanted. Kicking the habit right now and seeing good results

justpickanyusername • 17 points • 21 April, 2019 02:44 PM

I consider premature ejaculation to mean ejaculating before you want to. Some will try to specify a certain number of minutes before they classify it as PE. For me, if you weren't ready it is PE.

I had this problem as long as I can remember as well. Especially, when I wasn't getting as much sex as I wanted. Funny thing happened though. About a year in to MRP, when I stopped worrying over every tiny detail and things started to feel more natural to me it stopped. Sex just became fun and I could maintain control while doing all kinds of things that would usually send me over the top.

What's my point? I am 100% convinced that premature ejaculation is just in your head. I'm sure there are some cases out there where there is a legit medical issue. However, there have been others on here that have experienced the same thing, so I would consider that rare.

So, the simple trick or quick advice you are looking for here is this. You have to take the long route on the traditional MRP path of unfucking yourself which takes time. Somewhere along that journey you will likely realize that it is no longer an issue because you aren't putting so much damn pressure on sex. Sex then just becomes fun and you can bust a nut whenever your damn good and ready.

becoming_alpha • 1 point • 23 April, 2019 03:35 PM

Sex just became fun and I could maintain control while doing all kinds of things that would usually send me over the top.

Did this happen around the same time as the 1,000 foot rope tightening?

justpickanyusername • 3 points • 23 April, 2019 09:00 PM

For me, it was well after. There were improvements around this time, but I think I was still uptight after not having as much sex as I wanted for the last few years despite improvements.

It was about when I started hitting my MRP stride per se. It was post main event and a few months into having things going how I wanted them to with her settled into my frame. Once the sex had returned and there was more abundance the pressure was lifted.

Honestly, I think the pressure was lifted off of my wife as well because she finally didn't have to be around a butt hurt man child all the time clinging to her for validation.

becoming_alpha • 1 point • 24 April, 2019 05:23 PM

Good to know, thanks. I think I'm hitting my stride living the life I want to, but waiting for the slack to pull out of the 1,000 foot rope. I guess it will or it won't. Glad to know your PE changed along with the abundance and lack of pressure.

SBIII • 24 points • 21 April, 2019 08:56 PM

You limp dick piece of shit. Do you want to know what your biggest problem is? You're a lazy fucking cunt.

You spent a fucking year on TRP and yet you couldn't find the fucking sidebar and now that it's quarantined, you're over here and are still too fucking lazy to read the sidebar.

How do I know that? Well, because for the first four months of the last year, you were asking questions like this....

How not to be walked over?

I am being dominated and verbally abused by my GF.. what can I do?

Girlfriend won't sleep in the same bed as me.. why?

Why do women do this??

New shit test from LTR I don't fully understand

Why do the women in my life treat me with such disrespect?

I don't get this. My gf, boss, mum, sister all give me absolute disrespect I don't understand why. Why do you think they do this??

Then what did you do with all your new found wisdom? You got her pregnant. Congratulations. Did that stop you asking stupid fucking questions? Did it fuck.. it got worse...

Why are women so ungrateful?

My gf is pregnant and I am taking one week paternity leave so she can take half a year. There is no gratitude whatsoever.

Failing to understand any fucking thing at all - because, well... you never read the fucking sidebar, you decided that now was a good time to try and spin some plates. But you couldn't even do that right... look how you started off...

There's a girl shit testing me online right now - what do I do?

I asked her what her job was and what area she lived in and she ignored it so I told her to answer my question ms and her response was why? You're very pushy. How do I respond?

Then came the fucking King of Fucking Stupid questions..

How is it possible to spin plates in a relationship without sleeping with the other women?

You fucking nob end. Didn't stop you trying to sleep with other women though because your line of stupid questions continued....

What's the best places to meet new women when you're in a relationship?

This topic won't make me popular with everyone but ah well. Any tips??

How can I meet/date women without getting caught?

Are most women open to sleeping with a guy who is in a relationship?

How do I handle the logistics? Do I tell the new women I have a gf? How do I satisfy their need to date without getting caught?

What is acceptable behaviour from a pregnant woman?

There's actually more of this shit in your post history, but do you know what - I give up. I just realised that your biggest problem isn't that you are lazy. It's also not that you're a two pump chump. Do you know what it is?... You're so fucking stupid, you are beyond help. You can't think for yourself, can't make a decision, probably can't even wipe your own arse without asking the internet how do do it.

You're beyond saving. I should've known that when I saw your haircut

Says it all, really.

egc6 • 6 points • 22 April, 2019 03:40 AM

Holy shit that hair. The fucking Mississippi Claw. That is ban worthy alone. I think I'm seeing the problem here. You are assuming he can read well enough to muddle through a real book. Anything more than 1000 words and he can't focus.

[deleted] • 5 points • 22 April, 2019 12:41 PM

<slow clap>

Amazing.

OP - One of my favourite quotes from a leadership course I went on went like this; "never help someone more than they help themselves" -> Basically, you wont even help yourself with the sidebar books that has been pointed out multiple times... so dont expect help from this group

jerrymcguiver • 2 points • 21 April, 2019 11:05 PM

What kind of shampoo should I use?

RicoDunne • 1 point • 22 April, 2019 02:24 PM

He didn't deserve that much of your time

Needimprovementguy[S] • -4 points • 22 April, 2019 08:49 AM

Lol. That's a lot of anger.

SBIII • 12 points • 22 April, 2019 10:41 AM

All the women in your life treat you like shit.

Your dick doesn't work properly.

Your haircut makes you look like a redneck sheep fucker.

None of this makes me angry.

But it does make me wonder... why doesn't it make you angry?

jdogworld • 7 points • 21 April, 2019 02:56 PM

This is mostly mental. You need to be super conscious of your excitement level and learn to control that. You need to bring yourself down so to speak. This YouTube video is what helped me:

<https://youtu.be/huOdNKJ39uM>

coinbaserep • 7 points • 21 April, 2019 12:48 PM

When I was a heavy user of that poison. It caused limp dick. So much I considered using black market viagra then realized a bigger problem before I went redpill

Meditation, Kegels, no porn , pegym helped retain a hard erection during sex.

Once you get to know your body you can focus and learn to last for ever.

I can usually last long enough until she cums and then soon as she does and If I want to wrap things up I can usually cum in a couple mins

Speaking of wrapping. Maybe try all the above things as well as using condoms for a while to lessen the sensation

[deleted] • 5 points • 21 April, 2019 03:49 PM

Maybe stop jerking your dick to porn and fuck a real live woman.

markpf73 • 5 points • 21 April, 2019 02:13 PM

It's usually an anxiety/dopamine/norepinephrine issue.

Certain medications increase it while others decrease your issues. But it's really just all in your head (which affects neurotransmitters and the reflex of ejaculation).

When pussy is your mission it creates anxiety which affects neurotransmitters making PE more of an issue.

More frequent sex is an obvious solution as it removes the novelty of it and the mission part of it.

But if you're in mRP this isn't going to be an available solution. You're going to have to work on your mindset and shift your mission.

RedPill-BlackLotus • 6 points • 21 April, 2019 12:44 PM

More sex. The second load takes longer to come out.

Also, what do you mean by premature?

You can desensitize your cock by using a death grip when jerking off but a lot of men fuck themselves up doing this, be warned.

Increased prolactin helps and some ssris will delay ejaculaing, but the SSRI thing is a terrible idea.

If you fuck alot, it gets better.

Maby there is something wrong with your dick, post a pick faggot!

jerrymcguiver • -1 points • 21 April, 2019 11:10 PM

My penis was the root of all evil so i chopped it off and jumped off my balcony.

broneilbro • 2 points • 21 April, 2019 06:30 PM

I have the opposite...I can make a girl cum multiple times but something throws me off. Might be ADD but I remember fucking a girl once and started focusing on my watch that was ticking...completely threw me off.

[deleted] • 2 points • 22 April, 2019 02:27 AM

I've considered myself cured from my premature ejaculation problem;

Looking back there were a lot of issues I had to unwind and a big one was porn and masturbation. I was desensitizing my brain to real sex and chasing a quick excitement and release. When I was with a girl the excitement of cumming was a wave that I couldn't withstand. Also the lack of frequency made me burst like an over inflated ballon. Becoming a more attractive male increased my sexual frequency ALOT and the buildup is always manageable now

I read an ebook called "Lasting Longer" by Dr. Sy Silverberg. Most of the techniques you will find from google originate from this guys teachings. This will help you connect with the feeling/energy buildup and let you have a better control over it. There are some pratice things that do infact help.....

Getting into shape was also another major boost to my ability to control myself. Heavy lifting (compounds) just makes you a horse and I found a newfound control over my body. Previously I would get a little winded and try to finish the sex session before I fatigued... Now when I get fatigued my wife has trouble getting off the bed.

So those three ingredients were enough (lifting, the ebook teachings, and quitting porn)

hystericalbonding • 1 point • 21 April, 2019 04:58 PM

This question is asked at least every 6 months.

light-----dark • 1 point • 22 April, 2019 03:57 AM

are you getting your girl wet enough before penetration ? often times lack of fluids creates a state of tension upon penetration - increasing sensitivity.

heavy foreplay is a good solution. that, or eat her ass and make her feel naughty.

helaughsinhidden • 1 point • 22 April, 2019 01:21 PM

u/Needimprovenentguy

Many have mentioned here it is a mental thing, they are 100% right.

First of all from a RED PILL lens, the ABUNDANCE mentality vs SCARCITY is a key factor. If you are in your own opinion "sex starved" you are going to be placing too much focus on the actual sex itself instead of enjoying the moment and drinking her in.

Change positions. Often.

Again, it is about abundance. If you are having missionary sex once a month, it's the highlight of your month. If you are having missionary sex once a day and it's been like this for years, it's a chore. If this were the case, you'd switch it up out of necessity to keep interested in sex. When you feel the moment coming, just pull out and move her around and do something different.

Get out of her frame.

Hear me out, alpha. PE is not an issue for ONS, sex with prostitutes, or quickies. Just when you are trying to have that married/LTR sex. Get out of her frame and stop worrying about her satisfaction. Women don't actually care about an orgasm nearly as much as we think they do. They care more about being desired, sensual, sexy, and even more about being used as a play thing than actually having the orgasm. Don't believe me or need more proof to understand it? Next time she's on top riding and you feel it coming, tell her "no, it feels too good! Not yet, stop!" and you will see her naughty face and she'll keep riding till you nut without getting off herself.

Learn to split the ejaculation from the orgasm.

This takes practice, but if you feel the bullets in the chamber sooner than you want, it is possible to discharge without the full orgasm. I saw this in an old pre-viagra 70's porno when I used to watch that crap a lot. Guy pulled out mid-pump and let off a shot on to the carpet hands free and without making a big deal of it. Then, put it back in 30 seconds and a position change later and kept going strong for 10 more minutes. He was pounding harder than before, then did his finishing move for the camera. With practice, I figured out how to do it. You should be able to maintain a hard erection and full sensation until the actual orgasm. Sometimes the actual O is a dry fire, sometimes it's not, but it is absolutely possible to separate ejaculation from orgasm with practice.

Garathon • 1 point • 9 May, 2019 10:46 AM

Almost wish I had your issue. Sometimes I need to fuck for hours to come. That gets problematic too.

MrChad_Thundercock • -4 points • 21 April, 2019 03:07 PM

So... you're boyfriend has a problem faggot?

Needimprovenentguy[S] • 1 point • 22 April, 2019 08:51 AM

You are boyfriend has a problem? I don't get it?

MrChad_Thundercock • 3 points • 22 April, 2019 11:41 AM

He gets off too quickly in you?

Needimprovenentguy[S] • 2 points • 22 April, 2019 01:53 PM

Ah cool, thanks for explaining. Gay jokes are always funny.

MrChad_Thundercock • 2 points • 22 April, 2019 02:45 PM

Look into "edging".. that and fix your mindset and you'll become a stud.

Needimprovenentguy[S] • 1 point • 22 April, 2019 05:54 PM

Good of you to share what worked for you. I'll....errr....give that a go.....