

Handling Fast Nut

December 30, 2019 | 91 upvotes | by [watergains](#)

I was hanging out with this girl I have fucked about 5 times. I have fucked only 3 girls in my life, all of which have been in the last 2 months as I just lost my virginity (22).

Anyway, this happened over the weekend and I'm wondering if I handled it ok.

I usually get a few drinks with this girl before we go back and fuck. The most recent time I did not, and I ended up nutting in about a minute.

Held frame pretty well, basically said "holy shit, I just finished" she giggled and I told her to take it as a compliment and that "I'll clean up and grab another condom, get ready for round 2".

She is relatively inexperienced with sex as well. When I came back about 5 minutes later she was soaking wet and fucked me harder than ever.

I didn't give it much attention other than bringing it up later in the night once in a joking fashion she laughed at.

Just wanted to hear thoughts on how I handled it and if anyone had this problem before? Like I said I have not had a lot of sex but I'm usually good for at least 10-20 mins depending.

I do not watch porn, and I masturbate at most once a week but try not to very often. I have no issues with getting/ staying hard.

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Comments

lietruth • 155 points • 30 December, 2019 06:29 PM*

I used to bust in a minute or less.

I found the one thing that helped me, is keeping my excitement at a 7 instead of a 9 or 10. I did that by practicing breathing slowly. I literally counted my inhales and exhales in my head every time I had sex. In for 4, hold for 4, out for 4, hold for 4.

The reason your ejaculating quickly is because you're too excited. Keep your excitement low by keeping your breathing and heart rate under control.

First time I did this I lasted 15 minutes.

Second time, it was 20.

Google box breathes. It really helped me. I'm surprised this technique isn't more well known. Very simple but it works.

As far as how you held frame I think you did good. She seemed to be unbothered too, probably because you showed you were unbothered.

watergains[S] • 34 points • 30 December, 2019 06:36 PM

Thanks for advice. Yea I tried to play it off, was pretty unphased tbh

We fucked 2 more times after and like I said she barely mentioned it and I only brought it up once more as a joke.

Will proceed as if it didn't happen

Onein1024th • 42 points • 30 December, 2019 08:03 PM

good job rolling with the punches and keeping it lighthearted.

she would've made it a big deal if you would have

Sora26 • 20 points • 30 December, 2019 10:24 PM

Not just that, I admire him fucking her 3x in one night.

I mean, I use to able to do that, but being honest, that third one don't even feel good ☐

Props to OP

Jabbermouth • 9 points • 31 December, 2019 12:23 AM

After the third it's just work at that point.

[deleted] • 1 point • 31 December, 2019 01:11 PM

Hey, sorry, how did you deduce that he fucked her thrice? I think he only did it twice...

Sora26 • 1 point • 31 December, 2019 01:18 PM

Could have sworn he said they did it one more time after the second. Reddit doesn't keep track of edits though. So guess we'll never know lol

[deleted] • 1 point • 31 December, 2019 01:40 PM

Haha OK. Glad it wasn't me who wasn't understanding

watergains[S] • 1 point • 31 December, 2019 03:39 PM

Fucked first time, nuttet in 1 min. Fucked 2 more times after, so 3 total

I was a virgin until 2 months ago, ultra high libido and test levels. I'm 22 and have lifted for 7 years so I'm very fit and eat clean - refractory period is only minutes lol

Protocol_Apollo • 14 points • 30 December, 2019 06:49 PM

Upvote for you, breathing slower and deeper is such a life hack.

strainer123 • 11 points • 30 December, 2019 09:08 PM

Thinking of puppies instead of sexual things when you're too close to orgasm helps too, or I don't know, violent stuff, someone getting stabbed...

319Skew • 16 points • 31 December, 2019 12:36 AM

Might turn that into a fetish.

swaghole69 • 3 points • 31 December, 2019 04:39 AM

I think about politics and enviroment shit when i feel like im about to nut too soon

FemtoG • -2 points • 31 December, 2019 02:41 AM

i watched a jap girl crush kittens with her high heels and thats my ultimate go-to to keep the nut from rising

strainer123 • 1 point • 31 December, 2019 03:09 AM

I usually think of someone beating up a puppy or dogs in general and how it makes me mad, I start to recreate this scene of some random guy giving a dog a fucking haymaker right to the face and I start to get mad at the dog abusing guy that only exists in my head.

NotAnExcommunicado • 1 point • 31 December, 2019 03:31 AM

Haven't y'all watched penis fish? (Yeah! It's a total downer)

itsdir0 • 2 points • 1 January, 2020 12:07 AM

Holy shit you all are fucking maniacs lmao

morningjoe16m • 5 points • 31 December, 2019 01:28 AM

This exact same thing happened to me yesterday. Usually fuck this girl for upwards of 20 mins, nuttet in a minute and a half yesterday. Good thing op asked this question. I will definitely look into box breaths and controlling excitement levels. Solid advice:

Edzardd • 2 points • 30 December, 2019 09:35 PM

Mindfulness meditation is an expansion of this technique you are describing. Besides the breathing, meditation brings you closer with the present experience. What this means is that you can truly enjoy the moment without being clouded by anticipation, excitement, anxiety, worries, etc. It puts you in total control of your mind and the things you are feeling. Maybe breathing techniques are enough to solve this problem, but if anyone needs a deeper solution, meditation can be nice (beside all the other benefits lol).

CapIshmael • 3 points • 30 December, 2019 09:26 PM

But when you want to escalate and make her orgasm, or you want to fuck her hard. She starts moaning like crazy which drives me wild with horniness. Any tips for the moaning? (Besides putting on really isolating earphones)

liquorbaron • 10 points • 30 December, 2019 10:25 PM*

I would say pay attention less to what's going on. Bringing yourself out of the moment (look around) while still fucking does wonders.

Her - Starts moaning

You - While still fucking her. Looking at your surroundings. In your head, "Hey that painting on the wall is crooked. I wonder how long it's been that way."

I used to have a similar problem when fucking one chick from behind. It felt too good if I was too in the moment and I'd end up blowing my load before I wanted to. After a few times when I'm fucking her from behind I noticed that if I just stop paying attention so intensely that it never becomes an issue.

EDIT: I butchered the last sentence badly.

CapIshmael • 3 points • 30 December, 2019 11:17 PM

Thanks for the advice

Oppperkech69 • 31 points • 30 December, 2019 06:23 PM

If you nut fast, it's only a problem if it's for you a problem (and do a round 2 of course.)

fannyfire • 26 points • 30 December, 2019 10:03 PM

It's totally normal in the beginning. I remember the first time I got a blow job and it literally took less than a minute. Now I need like a fucking dyson vacuum cleaner to get that shit out.

Psychological_Radish • 37 points • 30 December, 2019 07:10 PM

This is a non-issue. Girls will understand. I don't jerk off very often, so after a few days or a week I start getting horny af. One of my old girls thought it was hot when I would fuck her face and nut in her mouth in less than 10 seconds, or just fuck her in the backseat of my car because I couldn't wait until I got home to nail her. She got a thrill out of the urgency.

The way you handle a fast nut is to simply wait and fuck her longer during Round 2, which is always easier.

gmoney-18 • 15 points • 30 December, 2019 07:56 PM

How does one who has this problem solve without a round 2? Idk why but I'm not capable of a round two till at least 2 hours later

Bouttheactivities • 3 points • 31 December, 2019 05:38 AM

Smoking weed helped me. Idk what it is, but weed makes me hornier, last MUCH longer, be more in control of when I finish, makes sex more enjoyable for me, and from what I'm told makes me better at it for her. I just get more into it and zoned in, yet I dont nut as fast. I dont get it, but im not asking any questions either.

Jacked5sparrow • -7 points • 30 December, 2019 08:00 PM

Poor diet

wont_tell_i_refuse_ • 13 points • 30 December, 2019 09:08 PM

Is this broscience or is there actual evidence to back this up?

Articles I've read just say everyone has a different refractory period and leaves it at that, but that could be BS too.

Jacked5parrow • 0 points • 30 December, 2019 09:21 PM

Both; but my suggestion is based off of science. I suggest eating more fish and nuts. And try to keep cholesterol down, I know there is good and bad; keep the bad down. Do your own research on it so you have the knowledge.

Also if you drink alcohol, minimize it or remove all together (like what's also preached on RP subreddits). Beer enhances estrogen production, as well as many other poor diet practices. More T the better for obvious reasons.

777views • 2 points • 30 December, 2019 10:27 PM

What is your diet right now?? I agree with you man diet is important

Jacked5parrow • 2 points • 30 December, 2019 11:27 PM

Paleo, am from Florida so primarily fish as my main source of animal proteins.

gmoney-18 • -2 points • 30 December, 2019 10:23 PM

It's not a diet problem. My diet is top 1% cleanest on this subreddit.

empatheticapathetic • 1 point • 30 December, 2019 09:33 PM

There's all sort of factors. Sometimes it can't be improved. But up to OP to try and improve it if he wants.

VigilantSmartbomb • 12 points • 30 December, 2019 08:14 PM

Welcome friend

Reverse-kegels are the name of this game ☐ ☐

FemtoG • 11 points • 31 December, 2019 02:43 AM*

this. you'll often read to do "kegels" but that actually helps erectile dysfunct, not the opposite. reverse kegels help keep that tunnel OPEN which is what helps you last long. You want "vasodilation", not vasoconstriction.

also look into "pelvic floor" health. you need a well balanced pelvic floor to stop the quick nut. can't believe this meta still isn't widespread with the internet and all. if you lift, this means less quads (less squats) and more glutes/hammies (lunges, SL deadlift, etc). i quoted the keywords so get to googling.

if you really wanna be a badass just fucking choke that nut downward like a fucking boss and keep going. but that requires intense effort. i only did it once before saying fuck it.

gottapaythetrollstol • 3 points • 31 December, 2019 02:46 AM

Really? I read a book on erectile disfunction when I was helping get over my porn addiction and I was recommended kegels .

FemtoG • 5 points • 31 December, 2019 02:55 AM

ED means u cant get hard, so kegels = good because u wanna constrict ur dick a bit so blood can get in and stay there

PE means you get hard easily and you choke up that dick so hard that you want to nut instantly. So you want to focus on relaxation and dilation so even if you aren't 100% hard, you can be 90% hard and go all night.

aka what you wrote doesn't contradict what i wrote

Unbiased101 • 24 points • 30 December, 2019 06:31 PM*

Happened to me the other night. I sleep with a good amount of women, and it just happens from time to time tbh. I ended up going back to her place again a few hours later and fucked the shit out of her.

She texted me later saying we should be fuck buddies. If you bust too quick just act like you don't care, and sorta gaslight the situation. Although when i left the first time i could tell she was slightly frustrated

Practical-Animal • 11 points • 30 December, 2019 08:28 PM

Give her round 2/3 if you wanna last longer.

Girls feel so validated when you nut, so nutting quickly is just a validation of her beauty, which is a very healthy thing.

jen31409 • 1 point • 31 December, 2019 08:46 AM

I mean sometimes, if its every time then fuck that its not enjoyable for us ill find some better dick

Qba1994 • 1 point • 30 December, 2019 10:38 PM

Since when is it a healthy thing? Complimenting appearance of a model is not a good thing. What about switching things upside down and letting her insecurities kick in by lasting way longer or even not cumming at all? Wouldn't it make her perform better? i'm talking gf & bf relations / LTR

BrodinsOats • 4 points • 30 December, 2019 09:29 PM

You handled it perfectly. It's not a problem at all if you engage in a lot of foreplay and go for another round after. In fact they'll usually like it and take it as a compliment.

I used to like singing a line from a Kendrick Lamar song to my girl when it happened. *"She make me cum fast but I never get embarrassed"*

watergains[S] • 4 points • 30 December, 2019 07:10 PM

There isn't any shame per say, but obv the girl didn't get off and where is the fun in a 1 minute nut?

I want to actually enjoy myself and fuck her properly

UrShadowsReflection • 3 points • 31 December, 2019 12:27 AM

You handled that pretty well.

One thing that helps me is to not mentally indulge in how good everything is feeling.

Those "oh FUCK this is amazing..." thoughts that start to run through your head during climax, are usually what brings you down the point of no return. Now you feel as if you HAVE to nut.

Controlling your breathing helps as well.

Just focus on her, and how much you're pleasing her by beating down that pussy.

Again. DONT focus on how good it feels for you, focus on how satisfied you'll be once you've successfully split her in two, and then she limps home to brag to her friends about how much of a sex God you are.

Long-Term Gratification, my friend.

ducaati • 3 points • 31 December, 2019 06:56 AM

I'm 60 and sometimes I can still bust twice within an hour. Don't ask me how.

ThreeEyez • 5 points • 30 December, 2019 08:18 PM

Kegels helped me. So did meditation and breath control. Now I can almost cum whenever I feel like it.

desadelol • 2 points • 30 December, 2019 11:09 PM

Could you elaborate on the meditation and breath control part, and how it helps?

ThreeEyez • 2 points • 30 December, 2019 11:38 PM

Sure. Meditation keeps you in the present moment, out of your head more. Sometimes anxiety causes you to cum fast. If you notice when you're about to cum, you tense up. When your more present, you're just more relaxed, less tense, less likely to orgasm as quickly. For breath control, focus on breathing deep in your belly. Also, don't be afraid to slow down when your fucking her. You don't have to pound her the entire time. If you do, you're going to cum quicker as well.

mrpoopistan • 5 points • 31 December, 2019 12:48 AM

A partner nutting fast is one of those things women talk about as humblebrag. It's much more about signaling "I'm so hawt" than anything else.

Speaking from experience as the guy at the opposite end of the spectrum . . . You want to see a woman lose her fucking mind? Take a long time to nut. That shit drives them insane. It gets inside their heads and rots out their souls.

Unless you ejaculated immediately upon insertion, you'll be fine. Even if she shares the story with someone else, it will come off as a dumb insult that no one will listen to.

Remember: women never tell the inverse of this story. You'll never see a woman tell other women about the guy who went 40 minutes until he nutted. She'd sooner cut her wrists than tell that story. This is a clue about what women get from the experience.

FemtoG • 2 points • 31 December, 2019 02:49 AM

this should be read as a fable cause there's so much conceptual truth that goes beyond the literal.

FemtoG • 2 points • 31 December, 2019 02:24 AM

i fast nut and go home and post about it on 4chan and laugh

but tbqh fam its just about position no? certain positions im fast other positions im slow its just a position thing for me muscle imbalances and whatnot.

Velebit • 2 points • 31 December, 2019 02:53 AM

Women don't care as long as you keep doing oral, fingering, or foreplay or at least cuddle and keep her going. You haven't failed her you failed your idea of being in control for as long as YOU DECIDE. To her it is irrelevant. If you make her feel good or cum she will be fine with everything.

When I gave girls a quick orgasm none of them felt apologetic or whatever. They were just like 'oh my' and

cuddly and after ready for more. And I wasn't like 'she is so without control and weak'. That would be so idiotic. Don't be idiotic.

Fiendorfoes • 2 points • 31 December, 2019 03:39 AM

You handled it great my man! Especially for as inexperienced at new things like that are. Do not even give it a second thought bro, that chick is going to have it in her head that she's got to make u nut like that again, meaning she is gunna try super hard and also be validated as a women that turns you on. So you killed two birds with one stone in my opinion. Def look into the breathing, and any other stamina training you can think of, but just remember that it happens occasionally and to just laugh it off and keep going

le_king_falcon • 2 points • 31 December, 2019 10:42 AM

You handled it like a boss to be honest.

Not getting angry or apologetic and the little compliment to her is gold.

The key thing is to not be flustered, angry or upset about it.

strainer123 • 3 points • 30 December, 2019 09:07 PM

Jerking off and edging helps with premature ejaculation, there's a technique called start and stop, you jerk off and when you're about to come you stop before getting off, do that about 10 times before actually reaching orgasm and you'll know how to control your orgasms better, oh, and kegels, do kegels, they help a lot too.

[deleted] • 1 point • 30 December, 2019 11:31 PM

I could never get this to work for me

DatRiggz • 1 point • 31 December, 2019 12:14 AM

It does help with arousal awareness, I agree.

Zanford • 2 points • 31 December, 2019 12:35 AM*

You handled it amazingly, both in terms of game/frame/mindset and it sounds like you basically had no refractory period (in my experience this is most common with a new girl, nutting and then being ready to go again almost ASAP anyway. Being in shape helps a lot, and there are age and genetic effects no doubt.)

The most important thing is to not get self conscious about it, this will be bad for your game and for your wood. Ignore the extremely played-out TV trope of 'loser who cums too quickly LOL' from American Pie etc

In my experience girls often beg for you to cum (and pretty soon after sex) as it makes them feel desirable. You telling her to take it as a compliment is a great move (as long as you do it in a casual way and not like 'OMG you must be out of my league!'). I've had sessions where I nutted quick and others where I went for over an hour and gave her a bunch of Os first, and I haven't noticed much difference in their attitude after. As long as you have built attraction and comfort, and don't make it awkward that you came first by apologizing etc., she's not going to give you shit for it like the TV trope.

Things that help me prolong before nutting:

Don't look at her, just look at the pillow/wall/whatever, especially don't look at her sexy bouncing boobs/ass as you work or whatever gets you off

Do something in your head like count backwards or with a weird pattern (123234345456...) that isn't sexy but also it's boner killing antisexy. You might also have a certain fantasy in your spank bank that is good for prolonging wood but not making ya nut

Longer, slower tempo of thrusts. Slow-ish spiraling motion can be good too (great sensations for her) where you push against her walls going around in spirals

Deeper, slower breaths. Breathe as slowly as you can while getting the oxygen you need. Bonus, you will seem and sound manlier than if you're panting like an excited puppy.

Position switching can help. Depends.

Relatively, for some guys, switching to BJ for awhile helps them back off from nutting, for other guys, it makes you more likely to nut. (But hey, at least if you nut during the BJ you aren't getting her pregnant unless she is an exceptionally dedicated spermjacker, and her swallowing is more intimate than cumming into a condom.)

If you're adding anything that really gets you off (like having her suck your fingers while you fuck her, or looking in a mirror, or spanking), lay off those spices when you get too close

Not having gone a long time since your last nut.

Meowphie • 1 point • 31 December, 2019 12:09 AM

Sounds to me like you handled it beautifully! Just the way I would want any man to, with honesty and readiness to pleasure me anyway.

kclanton80 • 1 point • 31 December, 2019 12:32 AM

Try jerking off more often. The more load your carrying, the faster you will cum. Also look up kegel exercises

oldslut • 1 point • 31 December, 2019 12:52 AM

don't mention it, don't make a big deal of it and you're fine. i wouldn't have brought it up again, afterwards, but, whatever, not so terrible. it happens. hold frame

EvelynnSpoiler • 1 point • 31 December, 2019 01:57 AM

Shoulda given it the ol', "well, that's me done" as you fasten your belt buckle back up

DiggerClam • 1 point • 1 January, 2020 01:05 AM

DAPOXETINE

generic-affliction • 1 point • 30 December, 2019 06:55 PM

What's the shame in a fast nut?

decoy88 • 13 points • 30 December, 2019 08:21 PM

there's no shame in winning the race

Bone_Coat • 3 points • 30 December, 2019 07:08 PM

for what i percieve is in being unable to perform well at sex

generic-affliction • 0 points • 30 December, 2019 07:09 PM

The goal is to nut I think you performed that task, sounds like complete success

Bone_Coat • 7 points • 30 December, 2019 07:14 PM

if the goal is to nut, then, just jack-off. in the other hand, sex involves 2 players, fast nut is for girls what starfish sex is for guys, kind of.

PhaedrusHunt • 1 point • 31 December, 2019 03:26 AM

All that matters is that you were able to get/keep it up and go a second round.

The negative stigma with nutting fast is based on the assumption that you are not able to continue after that.

That's not the case so probably didn't even register with her.

Also I got to say I remember when I was about 20 I had a girlfriend that I thought was super hot and there was a period of time for a couple weeks where every time I would fuck her I would come super fast. looking back on what I know now and had more to do with the scarcity mindset because she was actually not a good girlfriend and I should have been fucking other chicks lol

Also the people here saying you shouldn't compliment a woman ever are full of shit. Especially if you're already in a sexual relationship with her. Was that in mind next time something like this happens just tell her damn baby it just feels so good it's hard to hold back something along those lines. I guarantee you she'll like that A lot more and be a lot more happy and willing to fuck you again than if you tell her something along the lines of God damn girl smells like a tuna fish sandwich down there I just had to squeeze one out so I can go home

dadfrombrad • 0 points • 31 December, 2019 01:28 AM

Jerk off before and take an SSRI

-ThePathIsTheGoal- • 0 points • 31 December, 2019 02:58 AM

If it's not a big deal to you, then it's not a big deal. Who gives a damn what she thinks. This is proper frame.

Huntbutt • -5 points • 30 December, 2019 07:54 PM

you masturbate once a week, those are rookie numbers bud.

That's prolly why you bust so fast

watergains[S] • 14 points • 30 December, 2019 08:04 PM

Nah jerking is not good for me and mindset, I'm better off doing it once a week or not at all.

I stop approaching and gaming women when I know I can just go home and nut myself.

If I don't jerk, my choices are A. Approach, game, fuck B. Never get off

TreatYouLikeAQuean • 2 points • 30 December, 2019 11:16 PM

absolutely agree.