

# How do you get good at sex?

October 18, 2016 | 1 upvotes | by [empatheticapathetic](#)

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I have a huge fear at being awful at sex. I'm 26 and have been with an escort 3 times this year, no other experiences. A year ago I felt and acted with real lust over my virgin oneitis but she dumped me for a Chad before we could fuck and I found TRP.

Every other time before my oneitis I could never get it up with a girl and was a virgin. I never really felt lust or anything the 3 chances I had.

My 3 successful times with the escort have varied from awful to OK. I had another 3 where I couldn't get it up. She's been awesome about being so patient with me and helping me relax.

I pretty much see myself only ever Fucking escorts to be completely honest due to having no sexual confidence, desire or opportunity to fuck a real girl. The whole ideology of this forum about "fucking her good" being the most important thing you could ever bring has killed the idea of me attracting someone.

I think part of my lust towards my oneitis was because she was a virgin and wouldn't have known any better. She pretty much bragged to me how incredible this Chad she had met was before we cut contact in an attempt to destroy me so I'd cut contact. I obviously did and it killed my little self confidence regarding women.

I can tell from the escort she just hates when I come over, it's like she's babysitting me.

How do I gain any sexual confidence? I'd love to see the escort regularly but it's way too expensive for me. How long does it take to get good at sex? I honestly only care about the validation and experience factor of it. I want to have had sex for some period in my life, then I'll get over it.

Should I just resort to BB game with a woman ready to settle down once we're both 30 and get her to help me learn? Cheers

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## Comments

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jeezydasnowman • 2 points • 18 October, 2016 02:25 AM

DYEL - do you even lift?

How's your stamina? Do you get winded easily? Are you physically able to pick her up?

Do you masturbate a lot? Do you deal with half mast problems and/or lasting to long?

empatheticapathetic[S] • 1 point • 18 October, 2016 02:37 AM

I started lifting after my oneitis and finding TRP last October. Lifted for 6 months and was addicted, I was the strongest I'd ever been. Then I injured my back and have been dealing with that for 7 months now, trying to get my fuckface doctors to help me diagnose it but they don't care since im mid 20s. Just do light core work now.

Stamina is bad, I get winded easily. It's all bad. I can't pick her up.

I could go the rest of my life without masturbating if I wanted. I am a Nofap master, but it doesn't translate into quality erections for me. When I masturbate more regularly then I get better erections, which is kind of an oxymoron?

I haven't masturbated for probably 3 weeks, then spent last week doing it every day just so I could feel erections again.

machimus • 2 points • 18 October, 2016 04:36 AM

How do you get to Carnegie Hall?

empatheticapathetic[S] • 1 point • 18 October, 2016 12:28 PM

In the event I might meet a girl one day, what reason would she stick if I can't Fuck her right? My potential bucks is the only reason I can imagine, and only for a post wall. So hence I asked that question in the post.

Packie1990 • 1 point • 18 October, 2016 05:09 PM

Practice makes perfect. you will get better by doing it. Don't worry about it. also if you get involved with younger girls they won't know the difference between good and bad.

empatheticapathetic[S] • 1 point • 18 October, 2016 09:48 PM

Thanks for your advice. I'm just a bit scared from this idea of "fuck her bad and she'll leave". I already live in extreme scarcity so it's just another issue I'll beat myself up about when it happens.