

14 Techniques to Delay Orgasm and Last Longer in Bed

Are you suffering from PE? These actionable strategies will help you last longer in bed, and ultimately have a more fulfilling sex life.

1. Have your first orgasm quickly. If you finish quickly, there is no harm in letting the first one go early. Once you get the first one out of the way, you can spend some time focusing on your partner and work your way up to another one.

2. Focus on other parts of your body. Learn to enjoy having your entire body stimulated. Avoid touching your penis or letting your partner touch your penis until you're ready to have an orgasm.

3. Speak to a sex therapist. If you believe you are premature ejaculation is caused or complicated by stress, trauma, or childhood events, it can help to speak to a counselor. The therapist will help you work through your problems and develop a healthier mindset in regards to sex.

4. Cut out those unhealthy habits. If drinking, smoking, and drug use are part of your life, they could be inhibiting your control. Cut back on your unhealthy vices.

5. Reduce your stress levels. Stress from other parts of your life can bleed into your sexual health. Resolve stressors that come from money, work, and relationships.

6. Watch less porn. Too much porn consumption can change the way your brain processes sexual stimulation. The same goes for masturbation. Stop both for a little while and measure whether it helps your premature ejaculation.

7. Practice goalless sex. Rather than racing to intercourse and orgasm, have more sex that focuses on the flirting, the petting, the kissing, and all of the different forms of physical intimacy. This takes a lot of pressure off the orgasm.

8. Have an honest conversation with your partner. Being open with your partner about your PE can remove a lot of the pressure and anxiety, which may help the problem. You may learn that your partner doesn't consider it a problem at all.

9. Improve your pelvic muscles. Strong pelvic floor muscles improve your ability to control your orgasms. These muscles give you strength so you can clench and prevent ejaculation. Perform Kegel exercises twice every day.

10. Train yourself to wait. Practice the stop-start technique by bringing yourself close to orgasm and then holding off. This is also called edging. It teaches you to relax when an orgasm is imminent, which stops the process.

11. Stop thinking about it. We know this piece of advice is hard to digest, but it's important to remember. It's possible to have a fulfilling sex life even if your penis doesn't work as well as you'd like it to. Sex and intimacy are still possible. Try not to worry about your performance as you approach a sexual situation. Don't put too much pressure on yourself. Try to relax so your body responds naturally.

12. Adjust your expectations. Some men misdiagnose themselves as having premature ejaculation because they orgasm after 15 minutes of penetration. That's actually quite normal. Don't use adult films as the standard for your performance.

13. Talk to your doctor. Even if you think your premature ejaculation can be fixed with lifestyle changes, it's still important to have a conversation with a doctor. He or she will help you work through the causes and a treatment program to fit your needs.

14. Improve yourself in other ways. Your self-image is important. Confidence in one area of your life will breed confidence in other areas. Take steps to improve your life losing weight, eating better, exercising more, and improving yourself. These actions will suppress overall anxiety and dissatisfaction.