

# How to Talk to Your Partner About Your Premature Ejaculation

---

It's important to talk with your partner about your premature ejaculation. These tips will help you have a healthy and productive conversation.

**1. Bring it up as soon as you think you have a problem.** The sooner you talk about it, the sooner your partner can support you in resolving it.

**2. Be open about your feelings.** It's important that your partner understands how you feel about it. They can't help you if they don't know how you feel.

**3. Resist the temptation to assign blame.** Premature ejaculation isn't anyone's fault. There's no sense blaming each other. Instead, refer to it as a problem you both need to conquer.

**4. Make it clear that you want to solve the problem.** Use forward-thinking language whenever possible. Explain that you're willing to try things to fix the issue, whether you do them with your partner or alone.

**5. Talk about any past trauma.** If you think your premature ejaculation is caused by past trauma of some kind, have an honest conversation with your partner about it. Your partner probably won't have the skills to resolve it, but they can at least help you through it.

**6. Ask them not to make a big deal out of it when it happens.** The last thing you want is for your partner to sigh, cringe, or laugh (the worst!) when you climax too early.

**7. Be the first one to laugh.** It may be hard at first, but you need to disarm your partner by laughing about it first. Let them know it's not taboo or buried deep down. As soon as you laugh, they'll know it's okay to laugh without hurting your feelings.

**8. Vow to be a considerate lover.** Make it clear - with your words and actions - that your premature ejaculation won't stop you from taking care of them in the bedroom.

**9. Offer to bring in a sex specialist.** If you can't help the problem on your own, ask if your partner would be willing to talk to a sex therapist or doctor with you. These resources can give you some tools and guidance to work on the problem together.