

# Stop-Start Technique for Delaying Ejaculation

## Stop-Start technique for delaying ejaculation

This is a sequence of exercises designed by Dr James Semans to help with the large number of men who ejaculate immediately on contact with their partner either before or at penetration. The aim of the exercise is to learn to keep you below the point at which ejaculation seems inevitable for as long as possible. The first 3 steps of the exercises can be practised by men who do not have a partner. In themselves, they will help you gain a greater measure of control. For the final 4 steps, you will need the co-operation of a partner.

### Step 1

Masturbate with a dry hand. Avoid fantasising and concentrate instead on the sensation in your penis. Allow the pleasure to build up but stop immediately you feel you are about to lose control. Relax for a while still keeping your mind free of fantasies until the danger of ejaculation has passed then begin again. Following the same pattern, aim to continue stopping and starting for 15 minutes without orgasm. You may not be able to manage it at first, but keep trying. As you get more practised, you will probably find you have to stop less often. When you have completed 3 x 15 minute sessions on 3 consecutive occasions (not necessarily one immediately after the other), proceed to Step 2.

### Step 2

This involves masturbating with a lubricating jelly, which will heighten sensation and make ejaculation more difficult to delay. Follow the Stop-Start technique described in Step 1 until you have completed 3 x 15 minute sessions on 3 consecutive occasions.

### Step 3

You have now gained a good measure of control. The next step involves masturbating with a dry hand without stopping for 15 minutes before ejaculation. Keep focussing on your penis rather than fantasising. When you feel yourself getting dangerously excited, do not stop, but instead change rhythm or alter your strokes in such a way that the pressure to ejaculate fades. Experiment to see which strokes excite you most and which allow you the most control. Work on this step until you have completed 3 consecutive sessions as before.

### Step 4

Now involve your partner. Explain to them what you have been doing. Concentrate on the sensations in your penis and ask them to stop every time you get too aroused before the 15 minutes is up. Aim to try for at least 3 consecutive 15 minute sessions.

### Step 5

Repeat Step 4 but ask your partner to use a lubricant while they masturbate you. You will find ejaculation much more difficult to control and you may have to ask them to stop more often. Once you have mastered 3 consecutive 15 minute sessions you are ready to try the Stop-Start technique with intercourse.

### Step 6

Try penetration in different positions to find out what works best for you. Once you are inside your partner, ask them to move gently. Put your hands on their hips so that you can let them know with your hands when you want them to stop. Again aim to last for 15 minutes, but if you cannot, do not worry; you can start again once you recover your erection and the second time around you will probably have more control. During intercourse, concentrate entirely on yourself. Give your partner your full concentration and bring them to orgasm either before or afterwards with oral and/or manual stimulation.

### Step 7

Move on to other positions.

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