

Squeeze Technique for Delaying Ejaculation

Squeeze technique for delaying ejaculation

This technique was developed by Masters & Johnson to help men who ejaculate prematurely and it often succeeds where the Stop-Start technique fails. Masters & Johnson found that it cured 98% for whom they prescribed it within a period of 3 months.

The “squeeze” action is designed to cause your erection to subside and it is applied every time you get too close to ejaculation. Your partner performs the squeeze by gripping your penis firmly and pressing with her thumb on the frenulum. This is the same place on the underside of the penis where the head joins the shaft. At the same time she presses on the opposite side of the penis with her forefinger and with her fingers curled around the shaft. It is important that she presses fairly hard on the penis and does not move her hand while doing so. Too light a touch and any movement could cause you to ejaculate straight away.

Step 1

Get your partner to masturbate you with a dry hand. Any time you get too close to ejaculation, signal her to stop and squeeze your penis. As with the Stop-Start technique, aim to last for 3 consecutive 15 minute sessions before moving on to Step 2.

Step 2

Get your partner to masturbate you, but ask her to use a lubricant. Follow the procedure from Step 1.

Step 3

You are now ready for intercourse but not for thrusting. Instead, lie on your back and ask your partner to sit on top of you with your penis inside her. Neither of you should move. As soon as you feel the urge to ejaculate, your partner should rise off you (this movement is difficult as it applies stimulation) and immediately hold your penis in the squeeze grip. Repeat the exercise a couple of times before you allow yourself to ejaculate.

Step 4

When you feel more confident about your self-control, ask your partner to move gently while she sits on top of you in the same position. When you feel the urge to ejaculate, she should move off you and squeeze as before until you can last for 15 minutes without ejaculating.

Step 5

You are now ready to try other positions, but remember that with the man on top you will have less control. As with the Stop-Start technique, you should focus all attention on yourself during intercourse. Your partner will not feel neglected if you bring her to orgasm orally or manually either before or after intercourse.



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