

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 their 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, they press on the opposite side of the penis with their forefinger and with their fingers curled around the shaft. It is important that they press fairly hard on the penis and do not move their 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 them 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 them to use a lubricant. Follow the procedure from Step 1.

Step 3

You are now ready for intercourse but not for thrusting. Decide what position works best for you. 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 simulation) 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. When you feel the urge to ejaculate, they 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. As with the Stop-Start technique, you should focus all attention on yourself during intercourse. Your partner will not feel neglected if you bring them to orgasm orally or manually either before or after intercourse.



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