

Need Wood

How to fight 'minute man' syndrome

WOODY MILLER

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Hey Woody!

I pretty much get instantly hard when somebody turns me on. The problem is, I just as often instantly orgasm. With boyfriends, I can gradually learn to savor, focus and control my excitement by breathing and doing Tantric exercises.

But now I'm single again, and I end up prematurely ejaculating, missing out on some highly anticipated trips to the moon. I have two questions: How long would you say lovemaking lasts when it's "good," and how can I extend the range and flight pattern of my missile before it takes off into outer space and lands?

Astro-naught

Dear Naught:

Research shows the average guy lasts about five minutes during penetration. That wasn't a typo: FIVE MINUTES.

That's great news for "Minute Men" like you because you're only four minutes away from average. Anyway, premature ejaculation is the single biggest sexual problem for guys under 30. Meaning, you're not the only Two-Pump Chump.

The solution is counter-intuitive. You'd think if you were about to ejaculate, you could avoid it by distracting yourself with horrible images.

In fact, if you want to last longer, the worst thing you can do is distract yourself from what you're feeling. Here's why: The period between getting hard and ejaculating is called the "plateau" stage. That's where all the action is.

That's where you are intoxicated with the experience. That's where you have sex Tivo style: Play ... fast forward ... slow motion ... stop ... rewind ... play.

Some guys, like you, can hardly stay in the plateau, while other guys can stay there forever. They're the guys who take so long that you don't look at your watch; you flip through the calendar.

Your main challenge is to train yourself to stay on the plateau. The only way you're going to do that is to sense when you're approaching what we call "ejaculatory inevitability," or the point of no return. But the only way is to pay more attention to your body, not less.

Here's how:

Masturbate until you sense the approach of the point of no return: Remember, I said the approach, not the arrival. Once it arrives, nothing's gonna stop you, not even John McCain in a thong.

Stop: Let the urge recede. The desire to orgasm will go away in a couple of minutes. Then you can ...

Start: Resume until you get close to “the point.”

Rinse. Repeat: Do it until you get it right. You get out of the Two Pump Chump Club the way you get into Carnegie Hall: Practice, practice, practice. If you can't avoid the point of no return by yourself, you're never going to do it with somebody else.

Try it with another guy: Now that you've taken matters into your own hands, it's time to put them in somebody else's. Remember to stop the action when you think you're getting close to “the point” and re-start when it recedes.

That's the short version of the “Stop/Start” technique. Find out more by reading my column titled, “I'm A Two-Minute Top. How Do I Last Longer?” or reading, “Coping With Premature Ejaculation: How to Overcome PE, Please Your Partner and Have Great Sex.” It's pants-down the best book on the subject.

Reach Woody at his new blog: [www.mikealvear.com](http://www.mikealvear.com).

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