

Come again?

How to stay in sync with your partner in the bedroom

You know that look — and it's bad news.

Q: I feel like sometimes I might come too quickly. It's a problem every time I'm in a relationship, and I'm trying to deal with it once and for all. Are there any remedies for this problem?

A: Premature ejaculation is defined as the male reaching orgasm sooner than he or his partner wishes. It's a common occurrence that's rarely related to a disease or biological problem and is almost entirely psychological, therefore, quite treatable. The three primary causes are: over-stimulation, performance anxiety and stress. It may also be viewed as a conditioned response, as early sexual experiences may have required quick ejaculation, i.e. sex in the backseat of the car, sex at the parent's house.

1. Familiarize yourself with the sensations and feelings leading up to an orgasm, because a lack of awareness may render you feeling like you have no control.
2. Focus less on yourself and more on her. Thinking about reaching orgasm will only get you there faster, therefore forget your needs and focus on hers.
3. Bring yourself close to orgasm, focus on the sensation, then stop. Repeat this several times. This will help to prolong orgasm.
4. Either you or your partner should squeeze the end of the penis for 10 to 20 seconds when ejaculation is near, withholding stimulation for about 30 seconds.
5. Manage your stress. Having too much on your mind is inconsistent with good sex.
6. Enjoy foreplay and ease into it. Deep breaths will relax you and lessen tension.

7. Think of your mother-in-law. Well, maybe not, but at least something that will distract you that's not sex-related.

8. Open lines of communication. The better she knows your body, the better she can work with it and help delay.

9. See orgasm not as the end of a sexual experience, but part of it that can be followed by pleasing your partner in other ways.

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