CLÍNICA VIVALDI · FREE SHEET · SEXUAL DYSFUNCTIONS

Premature ejaculation

Ejaculation that occurs very soon, usually within one minute after penetration, and before desired, with discomfort.

COMMON SIGNS

- Very quick ejaculation
- Feeling of lack of control
- Frustration or avoidance

TIPS FOR YOU

1. Stop-start or squeeze techniques
2. Talk openly with your partner
3. See a sex therapist

FOR FAMILY AND FRIENDS

1. Talk without blame and explore other ways of enjoying pleasure
2. Practise the recommended techniques together

WHEN TO ASK FOR HELP

1. If it causes distress or relationship problems
2. If it came on suddenly

TO OBSERVE AND NOTE DOWN

☐ I ejaculate very soon after starting
☐ I feel I have no control
☐ It happens in most sexual encounters
☐ It frustrates me
☐ I avoid sex because of it
☐ I worry about what my partner thinks
☐ It has been happening for months
☐ It affects my self-esteem

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/eyaculacion-precoz
- Free guide: Couples: clinicavivaldi.com/en/guia-pareja
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com