CLÍNICA VIVALDI · FREE SHEET · SEXUAL DYSFUNCTIONS

Delayed ejaculation

Marked delay or absence of ejaculation in most sexual encounters, with discomfort.

COMMON SIGNS

- Great difficulty ejaculating
- Frustration in the relationship
- May be related to medication

TIPS FOR YOU

1. Medical and medication review
2. Take the pressure off the goal
3. Sex therapy

FOR FAMILY AND FRIENDS

1. Take the pressure off the goal together
2. Talk openly about what you enjoy

WHEN TO ASK FOR HELP

1. See your doctor if you take antidepressants or other medication
2. If it causes distress in the relationship

TO OBSERVE AND NOTE DOWN

☐ I find it very hard to ejaculate
☐ Sometimes I can't ejaculate
☐ It happens in most sexual encounters
☐ It frustrates me
☐ I take medication that could have an effect
☐ I worry about how my partner will react
☐ It has been happening for months
☐ I avoid sex because of it

FREE RESOURCES

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