

# COSMOPOLITAN

## EXPERTS

### sex advice

from Amy Levine, Cosmo's Carnal Counselor

[This Week's Sex Advice](#) | [Sex Advice Archive](#)  
[Ask the Carnal Counselor](#) | [Meet the Counselor](#)



## "How can I delay his climax?"

**Q** My boyfriend and I would have a great sex life if only he didn't ejaculate so quickly. How can I help him hold his horses?

**A** Premature ejaculation is one of the most common -- and fixable -- sexual problems men face. There are several "tricks" that can keep your guy from firing too soon. Start off by helping him become familiar with the precise sensation that he experiences before ejaculating. To do this, try the stop-start method: During foreplay, stroke his shaft to get him excited, but have him signal to you when he's about to orgasm so you can stop the stimulation for a short period of time. When his arousal level subsides, you can resume, repeating the cycle a few times before bringing him to orgasm. The idea is not only for him to last a little longer each time, but also to tune in to his body and actually train himself to hold back from coming.

The best position for helping him hold back during intercourse is woman on top, which limits his ability to thrust vigorously. As in the stop-start exercise, take a temporary time-out if he gets too excited too soon. You can let him remain inside you without moving or slide off of him and try the squeeze technique -- placing your thumb and forefinger below the head of his penis and squeezing gently -- until the urge to come has passed. Using a condom can also desensitize him, which will help increase his stamina.

Ultimately, with patience and practice, your guy will likely gain control over when he wants to climax. However, if none of these techniques work, he can seek the assistance of a certified sex therapist by contacting The American Association of Sex Educators, Counselors, and Therapists ([www.aasect.org](http://www.aasect.org)) or talk with his physician about the problem.