

SEXUAL RETRAINING ADAPTATION FOR INHIBITED EJACULATION

Couples who are using this retraining process for inhibited ejaculation—the man has not been able to ejaculate or has difficulty allowing ejaculation in some way that he desires—should go to chapter 17, page 274 of *Restoring the Pleasure*, and begin the specific steps for releasing ejaculatory inhibition.

Alternate the sexual retraining assignments in this section with the steps for learning to let go in chapter 17. In other words, after completing Assignment 1, you would find a separate time to do Step 1 on page 274: Urinate with wife listening. Your next session would be Assignment 2, Foot and Hand Caress. After that you would select a separate time to practice Step 2 on page 274: Urinate with wife in room. This is the way you would alternate assignments between the sexual retraining process and the steps to ejaculatory release during intercourse.