

SEXUAL RETRAINING ADAPTATION FOR PREMATURE EJACULATION

For couples who are going through the sexual retraining process to learn ejaculatory control (because you struggle with premature ejaculation), do not proceed with Exercises 24 and following; instead, go to chapter 17 in *Restoring the Pleasure* and complete Procedures 1 through 4 (pages 258–64), which are specifically designed for learning ejaculatory control.

When you feel you are in control of when you ejaculate, return to this process and complete Exercises 24 and following, incorporating the squeeze technique in your touching exercises.