

SEXUAL RETRAINING ADJUSTMENT FOR ERECTILE DYSFUNCTION

If you are going through this process to overcome problems with getting or keeping erections, you will need to modify Exercise 30, Total-Body Pleasuring with Entry. Omit the last sentence of Step 4. Do *not* enter all the way. In fact, the first time you do this exercise, only poke the penis barely into the opening of the vagina.

Repeat this exercise many times on different occasions (varying the total-body pleasuring each time). Each subsequent time, poke the penis into the vagina a quarter-inch farther. If at any point this triggers loss of erection, anxiety, or spectating, STOP! Just relax and enjoy the pleasure of each other's bodies, and DO NOT poke into the vagina any more during that experience. The next experience or two should not include penile-vaginal contact. Go back to the previous pleasuring exercises that were enjoyable for you and distracting from your focus on getting or keeping your erection.

When you feel secure, try Exercise 30 again, starting with poking into the vagina a quarter-inch. Continue as instructed above, unless you need to backtrack to build security. Once full entry has occurred, use the instructions on page 236 of chapter 16 of *Restoring the Pleasure* for continuing this assignment.