

# 7 Proven Steps To Quickly Gaining More Control Over Your Erections

## Cheat Sheet:

### 1. Understand What Causes Erections

- Erections are the result of a four phase process...
  1. External trigger (e.g. intense kissing with a woman you're attracted to)
  2. Internal response (how you process and react to the trigger)
  3. Hormones released from brain instructing penis to get hard
  4. Penis stores blood at high pressure to get hard
- For 99% of men suffering with a form of erectile dysfunction (E.D.) the problem lies in the "Internal Response" phase of this process, NOT as most men assume, the other 3 steps

### 2. Realize Getting Hard Is Mostly A Mental Game

- With the right mental game you can get complete control over your ability to get hard
- What you think about before and during sex deeply impacts your ability to get hard
- Anticipating failure, worrying about not getting hard, visualizing your lover being unhappy and experiencing anxiety will obviously have a very different impact on your erections compared to seeing yourself succeeding in bed and staying hard, so do more of the latter

### 3. Forget Dependency On Pills

- While pills are an easy solution, always remember they come at the cost of...
  - i. Serious potential side-effects (reported side-effects of Viagra include a risk of blindness as stated on their own website)
  - ii. Always needing your latest supply at hand when you want sex

- iii. Regular ongoing financial cost for as long as you continue to use them – if that's for the rest of your life that could mean thousands of dollars
- Why bother risking these side-effects when there are 100% natural solutions available?

#### **4. Watch Your Breathing**

- Your breathing has a huge influence on your ability to get hard
- By changing your breathing you can completely change the state of your physiology – and because the state of your physiology is intimately linked with your ability to get hard this is powerful tool to help gain control of your erections
- Breathe slow and deep to increase erection control

#### **5. Don't Panic If You Begin To Lose Your Erection During Sex**

- If you ever find yourself losing your erection, whatever you do, don't panic
- Don't assume that just because you've lost a little bit of hardness it's all over
- As soon as you begin to worry about losing your erection, you get anxious and when you get anxious your brain will send hormones into the body that will kill your erections
- Remain calm and it's likely you'll quickly recover to full hardness

#### **6. Intend To Get Hard**

- Remember getting hard is a mental game
- Set out with a positive mindset and expect and intend to get hard
- When you really believe you'll get fully hard it becomes a self-fulfilling prophecy and getting hard will be easy

#### **7. Figure Out What Already Makes You Hard And Use That**

- Everyone has certain unique situations, events or thoughts that make them get hard
- Figure out what your own unique stimuli are for getting hard
- And then when you want to get hard, instead of putting pressure on yourself, getting nervous or anxious, just recreate the stimuli you already know make you hard