

10 steps to sexual success for men

by Mark Tyrrell

**Full self hypnosis
program with practical
exercises and 10 audio
downloads**



10 steps to sexual success for men

Where do you start?

- Step 1 Overcome fear of failure
- Step 2 Stop 'all-or-nothing' thinking
- Step 3 Overcome fear of rejection
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- Step 5 Reduce stress and tension
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10 Steps to Sexual Success for Men

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Where do you start?



*... birds do it, bees do it,
Even educated fleas do it!
Let's do it! Let's fall in love!*

Cole Porter song

Why have we created a course on sexual success?

Aren't there enough sex manuals out there already? Not to mention shedloads of free advice? What have we got to say that's new?

This course, though you will indeed find advice and quite a few 'how to' tips in it, is not a sex manual, as such.

It's more of a man manual. It's a course on how to be a sexually successful man.¹

This is not just hair splitting.

We've been working for many years helping people overcome psychological and emotional problems of all kinds, and in that time we've seen that relations between the sexes – *sexual* relations between the sexes – are a prime source of distress, difficulty and disappointment, for both men and women.

This is more surprising than you might think.

For a start, sex is absolutely essential to the survival of the human race. Evolution has pre-programed our DNA to put us on the lookout for good sexual partners as soon as we are mature enough to reproduce. So it's kind of amazing that humans – uniquely

¹ Although addressed specifically to the heterosexual man, we believe the gay man will also find it useful.

among all the creatures on the planet – have enmeshed themselves so deeply in a tangled web of constraints and inhibitions and fears around sex.

We're not just talking courtship rituals here. We and all the other primates have quite complicated societies, and the way males and females get together is governed by quite strict cultural rules (which can generate quite a few 'problems' of their own – many of which we have covered in our related course, [10 Steps to be more naturally attractive to women](#)).

But we're the only ones who, once we *have* got together with a potential sexual partner, then find that sex often isn't quite the relatively plain sailing and highly enjoyable experience that it *ought* to be, that we *expected* it to be. Men (and women too) can end up frustrated and deeply disappointed. *This* is supposed to be the peak physical experience we can have? Blissful union? You must be kidding...

Of course, sometimes sexual difficulties are due to ignorance, or lack of experience, and sometimes to physical health problems, and sometimes to incompatibility between the partners.

The sex manuals and men's health advice sites try to make up for the woefully inadequate sex education that, even nowadays, is all most people get. They will give you the names (and pictures) of all the sexual organs, and tell you what goes where. They will give you step by step instructions on how to have intercourse, in any number of different ways. They will tell you what health problems you need to see your doctor about. They will advise you how to have safe sex and avoid, or treat, sexually transmitted disease. On the whole, they do a pretty good job on what you might call the 'mechanics' of sex.

But sex is not just about getting the mechanics right.

Good sex is not just the smooth coming together of two robots (pun intended). Good sex is a deeply intimate physical interaction between two *people*. People with feelings. People with character. People with their own ideas, likes, dislikes. People with a life history. Individuals.

And when individuals relate to each other, and especially when this involves having sex together, what that sex experience is like will depend on

- what exactly they do (mechanics)

but also on

- who they are (character, personality, history)
- how they feel about themselves (self esteem, confidence)
- how they feel about each other (respect, depth of relationship)
- what's going on in the rest of their lives (context).

Even on a one night stand with someone you've never met before and may never see again, that person, and you, are individuals, and all of this will play its part in how the 'sex' part of your one night stand turns out.

Of course, sex doesn't always have to be about deeply meaningful relationship. Sometimes – even a lot of the time – it's about people just having some fun (and sex can be a lot of fun!) without necessarily leading to or being a part of a long term liaison between the partners.

Yet whether the connection is one off, short or (at least potentially) long term, how good the sex is will still be *hugely influenced* by these factors.

And we think that talking about sex in a vacuum, as if it has no connection with anything else about you and your life (or her and her life) tends to lead to a much less successful, less satisfying, less rewarding sex life than you could have.

We don't think you want that.

So that's why we've put together the **10 steps to sexual success for men** course.

What this course will do for you

We've drawn on years of experience working with men (and women) who were in relationships, not in relationships, hoping to be in relationships, indifferent to relationships, opposed to relationships, in favor of relationships and everything in between. But whatever their relationship status or attitude, they were still sexual beings who wanted to live out their sexual nature and meet their sexual needs in a rewarding and satisfying way.

And though it's perfectly true that sometimes the obstacles in the way of a good sex life (or a better sex life) were 'mechanical', and due to poor sex education and misplaced expectations, what really made a life-changing difference to these men was dealing effectively with the psychological and emotional factors.

We've seen, over and over, that, whether you're 'in a relationship' or not, when you learn to

- overcome hidden fears, inhibitions, unhelpful attitudes and destructive behavior patterns around sex
- be more resilient and flexible and confident generally
- respect and value yourself and your partner
- understand and manage emotion

as well as to

- properly look after your physical well being, and
- master the practical and emotional skills of sexual intimacy

your sex life – and indeed, your *whole* life – can take wings.

Heck, I hear you say, I just want a good screw! I'm not trying to be Superman!

Well, you have my word for it. This course will not make you into Superman. But it will make a very big difference to your screwing (or shagging, if you're a Brit).

Every step on this course tackles one important facet of sexual relations, physiological or psychological, *in detail*, with lots of thought provoking information and tried and tested exercises to help you get a handle on what factors really shape what happens to *you*, and what you can do, practically, to have an even better experience.

But this course is not just a mine of useful information on physical and psychological sex skills. It's about helping you make deep changes in yourself that will really make a difference.

So each step includes a carefully selected audio hypnosis session designed to help you more easily absorb and integrate powerful new behavior patterns and helpful mental attitudes. Until it feels *completely natural* to you to *automatically* feel, think and act in a way that maximizes your chances of having great sexual experiences with your chosen partner(s).

And far from having to strive obsessively to remember every little thing we'll talk about on this course, you can *relax* and *absorb the material over time*, making it as naturally and deeply yours as your mother tongue that you learned to speak so fluently, without even realizing that you were doing this.

Following the path to becoming a great lover may not bring every woman in the world to your feet, but the woman you are with will be grateful. You will too.

Ready to commit?

Making major changes and improvements in how you approach your sex life requires a serious investment of your time and energy. To get the maximum benefit, you need to make a strong commitment to yourself:

- to read your material – over and over
- to listen to your downloads regularly
- to do the exercises
- to practice everything you learn
- to be patient with yourself and give yourself time
- to notice, monitor and celebrate your progress

and most important of all

- NEVER EVER TO GIVE UP!

How to get the most out of this course

Start with a plan.

You will have your own reasons for taking this course, and your own idea, perhaps clear, perhaps hazy, of what 'sexual success' means for you personally.

You will get maximum benefit from the material in this course by doing a little goal setting. This will help you clarify exactly what you hope to gain from the course, and enable you to gauge your progress and adjust what you are doing as you go along and as you take in the new ideas and new approaches on each step.

To help you set up

- a framework to operate in
- a clear goal (or goals – you can have more than one) to aim at, and
- a way to get to your goal(s)

we have created a planner sheet for you to use. The first sheet gives some examples of the types of issues a man might want to address through taking this course (your concerns may be quite different). The second sheet is blank, for you to print out (as many copies as you like) and fill in your own plan.

This clear private plan will help you stay focused and committed as you go through the course. This course is going to change you, and ‘what you want’ is likely to change too. You can add to or amend your plan whenever you like.

Remember, research shows that you are much more likely to reach a goal you have written down, with detailed steps for how you are going to achieve it. (1)

You can use your planner right away before you start, or you can make use of it at any time while you are working through the steps of the course.

First, you **identify** what you see as a current problem/obstacle/issue for you.

Then you **state explicitly** what it is that you would like to be able to do differently.

Then you work out the **steps you can take** in line with the course material to get you there.

And you list some **indicators** that will let you know that things have changed.

Prime your brain

When you have got an issue covered in your plan, and even *before* you take any of the steps you have identified, sit down somewhere quiet, close your eyes, relax, and prime your brain by following these three steps:

1. Focus your mind on what it will be like *when you have reached your goal for that issue* – vividly imagine what you will see, hear, smell, touch, taste, feel and do, and how good it is (this should be fun!).
2. Cast your mind back to *how you got to this stage* – look back to your decision to take this course, how you clarified what issue you specifically wanted to address, and vividly ‘remember yourself’ actually taking all the steps that you noted on your planner, in as much detail as possible (you might get ideas for other steps to take as you do this). Pay attention to how you stayed committed, how you overcame obstacles, how you mastered new skills.
3. Then look forward again, seeing not only your goal, but also the clear steps that will get you there stretched out in front of you, and make a commitment to yourself to start, right now.

You can repeat this priming exercise as many times as you like. It will give your unconscious mind a clear ‘blueprint’ of what to do to help you make the progress you want.

Look at these examples first, to give you an idea how you might use your planner.

My issue right now	I want to...	Steps I can take	How I'll know things have changed
Can't maintain a satisfying erection	be able to have a satisfying erection at least once a week	Listen to downloads from Step 4 and Step 6 every day for a week Stop smoking (might need help with that) Switch to a healthier diet Start the Couch to 5K running for health program	I feel fitter and more relaxed I can get and keep an erection more often
Unable to get undressed in front of a woman	feel comfortable taking my clothes off when a woman is watching	Walk round local pool in swimming shorts noticing how indifferent people are to my body. Practice being more and more relaxed doing this. Get the Shy when naked download and listen to it every day for a week	I no longer feel so self-conscious about my body I feel more relaxed at the thought of undressing Taking my clothes off is no longer an issue
Can't have sex without a lot of alcohol	be able to have sex sober	Take a sex and booze time-out for 4 weeks Take pressure off by practicing just relaxing with women without seeking sex Go through Step 1 and Step 4 material and exercises again and listen to downloads every day for 2 weeks	I feel more confident generally I can enjoy the company of women without feeling I 'must' have sex I feel brave enough to flirt and proceed all the way to sex if I want without self-medicating
Sex seems very mechanical and my partner is not happy	be able to enjoy sex more with my partner	Tell my partner I'd like to have more emotional intimacy with her and ask for her input Propose that we actively avoid sex for a while but spend that time really being together and exploring other ways of being loving Share the download from Step 8 with her	I feel much closer to my partner We are able to share quite deeply on other things than sex We find more ways to have fun together, including with sex She is happier too
Too exhausted and stressed to want sex	have enough energy for sex	Do a stress review Identify 3 ways to bring down the stress level (and do it) Listen to the download from Step 5 every day for a week	I feel much more energetic I feel good about looking after myself better I can enjoy sex (and other fun things)
Never had sex and terrified of the very idea	feel confident enough to ask a woman I like to have sex	Work through Step 1, Step 3, and Step 4 Study the article Fortune favors the brave Listen to the downloads every day for 2 weeks Mentally rehearse things going well, for her as well as for me Mentally rehearse successfully handling getting a 'yes' and getting a 'no'	I feel more confident and eager to try this new experience I am not so worried about things going wrong I feel I can cope, whatever happens I ask!
Got a potential partner, but haven't had sex for a very long time and am anxious about how it will go	be able to relax and trust myself to be able to have sex and make it fun for both of us	Focus on the material in Step 6 and Step 8 Tell my partner how I feel Use some of the tips in Step 6	I realize – and feel – that it's not all about the sex I feel more relaxed about experimenting and exploring

PLANNER

My issue right now	I want to...	Steps I can take	How I'll know things have changed

How to see how you're doing – the Progress Checker

We've put the material in this course together very carefully to make it as easy as possible for you to use, and to review as often as you need. Each step provides you with vital information, tips, exercises and information about related material.

The related material includes

- links to other associated downloads you might like to purchase (these are suggestions only – they are *not* required for the course)
- links to *free* informative articles to enhance your progress and understanding.

Each step includes a Progress Checker sheet containing two identical charts. We recommend that you print out several copies of the Progress Checker for each step you undertake and keep them sorted in a folder. (For your convenience, we have also put all the Progress Checker sheets together at the end of this document, to make them easy to find and print out.)

The Progress Checker makes a number of statements on the topic covered in that step, and asks you to indicate how true these statements are when applied to you. Nobody is going to see this information but you. Be honest and *fair* with yourself.

We recommend that you fill in the first chart on the day you start that step, *before* you read the material or listen to the download. This will give you a base line against which to monitor your progress.

It's only natural that, when you start, most answers will tend to fall to the left hand side of the chart.

At the end of the 7-day assignment period, complete the second chart.

Each week after that, continue filling in a Progress Checker for that step, even when you have moved on to a subsequent step.

And so on.

Why it's important to monitor progress

Keeping tabs on yourself like this makes you *more aware* of even small improvements and helps you to stay committed.

Even *one* move to the right on the chart is progress, and you should be ready to appreciate and congratulate yourself on the smallest positive change that you notice. Always remember that you have a long term goal here, and it's little steps that will get you there. From time to time you may see a big jump, but gradual, steady, sustainable progress is what you are really after.

When do you stop filling in your Progress Checkers? You'll know...

Good luck.

It's time to get to work.



Mark

Notes

(1) [Research](#) undertaken by Dr Gail Matthews at the Dominican University of California.

10 steps to sexual success for men

Mark Tyrrell



**Overcome
fear of failure**

Step 1

Overcome fear of failure

Welcome to the first step of your **10 steps to sexual success for men** from Hypnosis Downloads.com!

ACTION POINT! Remember to fill in your **Progress Checker** before you start!



Try a thing you haven't done three times. Once, to get over the fear of doing it. Twice, to learn how to do it. And a third time to figure out whether you like it or not.

Virgil Thomson, composer

Your sex life is important. Not to me – well, other than that I want it to greatly improve as a result of this course, of course! – but to you. And, as a ripple effect of your increased confidence and happiness, to those close to you (who might not, of course, realize why you are so much happier).

But your sexual wellbeing, let's face it, isn't just *your* concern. Your current or future partner will also benefit from increased physical pleasure and emotional intimacy.

Starting to enjoy sex more and becoming better at it is wonderful for you. Not because it's something to boast about – although some men do – but because it gives you all kinds of physical, emotional and relationship benefits.

Sex can make you happy

The fact is, great sex can make you happy. (Not news, is it?)

Okay, we need to qualify that. A healthy sex life *contributes* to happiness. Regular, satisfying sex (not compulsive ‘sex addiction’) can help your immune system (1), relieve stress and – most importantly of all – help you bond deeply with your partner.

There is a good reason why ‘making love’ is another term for fuck/screw/shag/copulate (I don’t suppose you’ve ever said or heard anyone say “Let’s copulate!”, but that is the correct technical word). Sex is sometimes just sex, but it can also be the pathway to love, or at least to a deeper mutual bond between sexual partners. Great sex bonds lovers because of all that ‘love chemical’ oxytocin which gets released during sex. (2)

Benefits of great sex

So a mutually satisfying sex life helps you and your partner fall in love and stay in love. And when your sex life is great, your partner enjoys all these health and psychological benefits too.

Less romantically perhaps, regular sex is a great workout if gym membership is getting too expensive. Sex helps your cardiovascular health (3), aids deep sleep (after the sex not during!) *and* even helps with physical pain. (4) There’s also evidence that having a healthy sex life can greatly improve your self esteem, which can help all kinds of areas of your life from work to social life. (5)

Having great sex, and feeling sexually confident can, I think we can all agree, make you feel more of a man. Masculine self identity is still to a great extent (even in these post feminist times) wrapped up with sexual confidence.

But what about when sex doesn’t work, goes wrong and becomes a burden rather than a boon? With all these upsides to sex, there has to be a downside, right?

Sex can make you *unhappy*

Because great sex offers all kinds of benefits, when sex *isn’t* so great it can give us a lot of grief. When anything we value having stops being available, whether through short supply or because of some other problem, it can really hurt.

No wonder then that fear of sexual failure is such a concern for many men. Failure in the bedroom can feel like a threat to your very identity as a man! Impotence, premature ejaculation, inexperience, sexual hang-ups from the past and good old sexual incompatibility all threaten to block or stop sexual joy.

What’s more, we men think we are meant to be ever-ready studs always willing and able to have sex with women anywhere at the drop of a... err... hat.

But these male sexuality stereotypes actually block us men from being all we can be sexually.

Myths about men's sex life

There is an old joke that the quickest way to overcome a sexual problem is to get a new partner. But I'm not suggesting that if you've been having sexual difficulties you should give up on your relationship, if you have one, and start up with somebody else.

What I *am* saying is that we cannot detach our sexual happiness entirely from the *context* of our wider lives.

A major male sex fallacy is that men do (and should) want sex all the time, regardless of the state of their relationship, or what may be happening in the rest of their life.

Some men may be more likely than many women to compartmentalize their sex life from their wider life. But even these men will not be able to separate their sexual 'performance' from their general physical health.



It's a myth that men want sex constantly, regardless of the state of their relationship

Other common myths in circulation include:

- the more women you sleep with, the more of ‘a real man’ you are
- to satisfy a woman you need a particular size of penis (the bigger the better)
- it’s more manly to just ‘give it to her’, never mind what she herself might need or want
- whatever your age, you should be able to have sex all night no matter how attracted you feel to your partner
- sexual energy and function will *inevitably* dramatically decline with the years.

The strange thing is that men often buy into these male sexual myths themselves. Actually, come to think of it, perhaps that’s not so strange after all. Because many of these myths were created by men anyway. But you may not have thought about where your assumptions about sex come from.

It’s time to change that.

Exercise • Who told you that?

Take a piece of paper and write down the six male sex myths I have mentioned above.

Then write down any **other things** you believe about men and sex.

Now ask yourself **“How did I get this idea?”**

Beside each item, note down where it came from:

- your dad / other older men?
- other boys at school?
- a teacher?
- a book?
- sex scenes in movies?
- porn magazines?
- internet sites?
- somewhere else?

Then ask yourself **“Why do I think this idea is true?”** – and write down your answer.

The fact is, if a man wants to know about *male* sexuality, he needs to understand *women* better, rather than just listen to male barroom banter.

So what's wrong with these myths, anyway?

Well, the fact that they *are* myths for one thing! Running your life on a lot of myths that have no basis in reality is a recipe for trouble.

The truth about male sex drive

Sex feels good because it is nature's way of bonding couples and perpetuating our species. But that's not all there is to it.

People use sex to (among other things)

- connect ('making love' – as nature intended)
- escape (and sex with strangers can become like a drug)
- relax and unwind
- exert power
- take revenge (punishing a partner who's lost interest, or cheated, by finding someone else to have sex with)

A man's sexual energy and interest and capacity will be affected by:

- the state of his relationship (sex can feel like a chore to a man too)
- his physical health
- his attitudes, fears and hopes around women and sex
- the general (and particular) stress levels in his life
- his past sexual experiences and how these affect him now.

When we put all that together, we can see that sex can sometimes be a pretty complicated business.

Men and women, in some ways, experience sex differently. (Yes, I know that's obvious, but I'm talking *psychologically!*)

However, it's a myth that men will screw anything that moves, or want sex with their partner even if their woman shows them no respect and the relationship isn't working.

Men are *not* sex machines, and are not meant to be. But all men can greatly improve

- their sexual confidence
- their sexual skill and energy
- their sexual stamina.

So where do we start on this road to greater sexual success?

Overcoming the problems

If you want to create a flower garden, you first have to clear the ground of weeds (sexy analogy, not).

Sex is like most other things in life. If we are not getting the results we want, and we want to get better at it, we need to understand what we might have been doing wrong up until now, and change tack.

- Have certain *attitudes* been holding us back?
- Do we need to modify *unhelpful emotional responses* to sex?
- Do we need to learn some *new behaviors*?

Women often complain that few men are really good lovers. Focusing on removing any sexual 'weeds' from your psyche to make room for sexual excellence will pay you huge dividends in the bedroom later.

A big worry that overwhelms many men is the fear that sex 'won't work' because of something about *them*. I'm not speaking of sexual performance anxiety here (we'll be addressing how that can sometimes be one of the biggest blocks to male sexual fulfillment (and women's too) in Step 4).

Right now I want to address a *general* fear of failure.

How fear of failure gets in the way

When we see sex as a kind of 'performance', then we feel we have to 'do well', as if it is some kind of test.

However, if you are constantly monitoring how well you are doing *while you are doing it*, then your focus is fractured. What's worse, this wish to 'do well' is mirrored by the *fear* of 'doing badly'.

Fear = stress, and stress, beyond a certain limit, affects (let's use a word other than 'performance' here!) ...function.

Two of the biggest barriers to wonderful sex are

- fear of failure (and the stress it generates)
- self consciousness

Now we can only 'fail' at something if we see it as a performance 'test' to begin with. We will only have *fear of failure* for things that we see as performance situations.

Failure stops being an option in sex when we *stop feeling that sex is a performance*. Simple as.

If I see meeting a friend for a beer as 'a performance' then I am also going to see this meeting as being either a 'success' or a 'failure'. I might worry afterwards that it didn't go that well. Now *some* things might *sometimes* be that black-and-white, but in general most things in life just aren't simple success/failure situations.

People who start to see *everything* as a performance can lose perspective and put themselves under all kinds of pressure that they really don't need.

Now I am going to talk about hypnosis. What has that got to do with sex, you ask? A lot, as you will see.

Hypnosis and sex – it's all in the moment

'Hypnosis' is a *natural focus of mind*. And sex, to be good, *needs* to be hypnotic.

Hypnosis is partly a *narrowed and intense focus of attention* in which time and outside considerations seem to disappear from consciousness.

This is exactly what happens when people are 'in the zone'. And it also happens during the best sexual encounters. So it makes sense to use hypnosis to foster the best possible sexual state of mind, what we might call the 'sex zone'.

People whose fear of failure blocks any kind of 'success' tend to focus on *outcome* rather than *process*. That sounds a bit technical, but it's quite easy to understand. I'll explain.

The way to get fear of failure and the anxiety it causes out of the way is to

- care less about the *result* (the outcome) and
- focus purely on what is actually happening right *now* (the process).

When we worry too much about 'success', we are thinking about the *end result* too much and letting the present get away from us. In the finals of a tennis championship, the players *need to forget* about the trophy or the title. If they are to play their best, all that needs to go away as they become totally absorbed only in the moment, in the shot they are playing *right now*.

Mind you, when it comes to sex, caring less about result and being more focused on the moment doesn't mean you are any less considerate as a lover.

In fact, being in the moment *makes* you a better lover.

The Zen of sex

We'll be looking at the physical side of sex as well as the 'inner game' on this course, but it's often been said that the largest sex organ is the brain, so we need to ensure that the mind is tuned just right for making love.

Sports people who describe what it's like to 'go into the zone' report feeling so totally absorbed in what they are doing that thoughts of failure or success or outcome of any kind evaporate – because now is all there is. What's more, in this state of flow everything feels natural and easy.

And that's what it can be like with sex, when you are in that true peak performance state of mind and body. However, it can only truly be like that when all wanting too much and all fearing have disappeared.

ASSIGNMENT 1

Overcoming fear of failure

Download [Overcome fear of failure](#) and listen to your download

- every day
- at least once a day
- for 7 days
- or until you notice at least half of the progress indicators shown below

Progress indicators

- you start to understand the importance of **focusing on 'process'** rather than 'outcome' in anything you do
- you notice a **growing curiosity** in yourself about how far you can take this
- you find you can more easily **stay 'in the moment'** when you are doing something that is important to you
- you are **less worried** about 'failure' in life generally
- you **stop** seeing 'failure' and 'success' in such black-and-white terms

Supplementary material

Related downloads available to purchase

[Care less what people think](#)

Be aware of how you are perceived – but less concerned about other people's opinion

Recommended FREE articles

[Overcome fear of failure: 7 tips to help you escape your comfort zone](#)

Now there is a fair bit to digest in this step, so take some time to absorb it all fully before we move onto Step 2.

When we get there, we'll be looking at how to overcome all-or-nothing thinking. This is a pernicious habit which, as you'll see, can really stand in the way of true sexual success, whether it's focused on excessive worry about female orgasm or the completely unacceptable size of your penis.

All the best

Mark

Notes

- (1) Having enjoyable sex has been linked with higher levels of an antibody called immunoglobulin A, or IgA, which can protect you from getting colds and other infections. Scientists took samples of saliva, which contain IgA, from 112 university students, who reported the frequency of sex they had. Those in the 'frequent' group - once or twice a week - had higher levels of IgA than those in the other three groups - who reported being abstinent, having sex less than once a week, or having it very often, three or more times weekly. See: Charnetski CJ, Brennan FX. [Sexual frequency and salivary immunoglobulin A \(IgA\)](#). *Psychol Rep.* 2004 Jun;94(3 Pt 1):839-44.
- (2) See: 'Release of Oxytocin due to penetrative sex reduces stress and neurotic tendencies', *New Scientist* (January 26, 2006).
- (3) According to British researchers, sex can decrease the likelihood of stroke or heart attack. In a study, scientists found frequency of sex was not associated with stroke in the 914 men they followed for 20 years. The researchers also found that having sex twice or more a week reduced the risk of fatal heart attack by half for the men, compared with those who had sex less than once a month. See: S Ebrahim, M May, Y Ben Shlomo, P McCarron, S Frankel, J Yarnell, G Davey Smith, [Sexual intercourse and risk of ischaemic stroke and coronary heart disease: the Caerphilly study](#). *Journal of Epidemiology and Community Health* 2002; 56:99-102
- (4) In a study published in 1996, 48 volunteers who inhaled oxytocin vapor (oxytocin is the 'love chemical' released during satisfying sex), and then had their fingers pricked, lowered their pain sensitivity by more than half. See: Yu. V. Uryvaev and G. A. Petrov. [Extremely low doses of oxytocin reduce pain sensitivity in men](#). *Bulletin of Experimental Biology and Medicine*, Volume 122, Number 5 (1996), 1071-1073, DOI: 10.1007/BF02447648
- (5) Boosting self-esteem was one of 237 reasons people have sex, according to researchers who published the list in the *Archives of Sexual Behavior*. See: [Why we have sex: 237 reasons revealed](#). LiveScience blog.

Fear of failure – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I get why it matters to focus on process rather than outcome					
I am really curious about what will happen as I do this more and more					
I find it easier to stay focused on what is happening right now when I'm doing something important					
I don't worry so much about 'failing'					
I can really see that success and failure are relative					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I get why it matters to focus on process rather than outcome					
I am really curious about what will happen as I do this more and more					
I find it easier to stay focused on what is happening right now when I'm doing something important					
I don't worry so much about 'failing'					
I can really see that success and failure are relative					

10 steps to sexual success for men

Mark Tyrrell



**Stop all or
nothing thinking**

Step 2

Stop 'all-or-nothing' thinking

Welcome to the second step of your **10 steps to sexual success for men** from Hypnosis Downloads.com!

ACTION POINT! Remember to fill in your **Progress Checker** before you start!



*Nothing is black and white
except black and white.*

How you think can affect what you expect from yourself, others and life in general.

Some people see life in extremes, in all-or-nothing ways. They might be depressives, or optimists, or pessimists, or at different times all of these things.

This kind of thinking, 'completely this' or 'completely that', with no room for maneuver or shades of gray, has some serious consequences, as we'll see.

Teenagers often tend to think like this, because of the way their brains are developing, perhaps feeling that people can be divided into those who are 'cool' versus 'all the other morons'. The world and everything in it is seen as 'good' or 'bad', with nothing in between.

Sure, some things *are* extreme, of course, but generally speaking much of life is more 'a bit of this' and 'a bit of that'. And that's the problem with all-or-nothing thinking. It doesn't accurately reflect most of life.

Now it's important to say that some things really *are* all-or-nothing. Sometimes we really do *need* to see things as completely one thing or completely the other. If a bus is

careering towards me, I've only got two choices. I either stay where I am and get run down, or leap out of the way and save myself.

But when you think about it more deeply even *this* example isn't really quite as 'all-or-nothing' as it might appear. I could try to leap clear and save my life, but still get swiped by the bus, and be left with broken limbs and bruises, but not actually dead. Mmmm... thinking in extremes can really mess you up!

So what exactly is wrong with seeing the world in all-or-nothing ways, and what has this got to do with sex?

The complete evil of all-or-nothing thinking

I hope you realized that this heading is ironic! 😊

We all tend to be *more* all-or-nothing in our thinking when we are feeling emotional.

This is because black-and-white, all-or-nothing, 'extremist' thinking is correlated to our inbuilt 'fight or flight' response. Fight is an extreme reaction and so is flight. If we are terrified, we fear we will die and hope we will live – it's all-or-nothing.

This is how it *feels*, even if we know quite well that we won't actually die if we are terrified of sex or of giving a speech. We know that with our heads, but in our hearts we feel that failure means 'death'.

So we might feel as if the consequences of things not going how we hope will be *completely* terrible as compared with *completely* successful.

An aside about being depressed or angry

Depressed people tend to think in all-or-nothing terms. They tend to use extreme language when they talk about themselves: "*My life is utter misery!*", "*I am a total failure, no one loves me!*", "*Everything is hopeless!*" and so on.

People prone to anger also think in all-or-nothing ways: "*You are wrong!*", "*They are evil!*", "*I am right!*"

When they get out of the depression, or the angry state, and can take a more balanced view, they may modify their perceptions: "*I have failed in some things, but been relatively successful in others*" or "*I still think you are wrong about some things, but I must admit you are right about others.*"

What's more, as well as strong emotion making us think in overly simplistic all-or-nothing ways, *habitually* thinking in this way can *make us more emotional*. It's a two-way feedback mechanism.

When people learn to be less depressed, they learn to challenge their own (and other people's) depressive thinking.

Total failure v total success

Fear of failure implies that what we are doing is a matter of either *absolute* failure or *absolute* success. But of course life is much more subtle and multifaceted than this. We beat ourselves up too much when we think in overly simplistic terms of 'failure or success' *in areas where these narrow concepts don't really apply.*

If you think about sex in all-or-nothing ways like this, you could be making things (ahem!) harder for yourself.

Exercise • Catch yourself out

You may not think you're an all-or-nothing thinker. But we often **don't realize** that we think in this way.

All-or-nothing statements generally include certain **characteristic words**, such as: *everyone, all, always, no one, must, never, totally, everything, nothing* (you get the idea).

Take a piece of paper and write down as many of your own strong beliefs that use this kind of wording as you can call to mind. (They don't have to be about sex.)

For example:

*You **must** have a degree to succeed in life.*

***All** women are untrustworthy.*

*I would **never** steal from my employer.*

*Killing is **always** wrong.*

*There's **nothing** I wouldn't do for my mother.*

The point is not necessarily to challenge any particular belief or conviction (although you might want to consider opting for a less extreme position), but to **become aware** of how much all-or-nothing thinking may be shaping your life.

Inaccurate all-or-nothing thinking perpetuates sexual myths

In Step 1 we looked at some of the myths around male sexuality and noticed how all-or-nothing they are.

Consider the myth that 'men should want sex all the time', regardless of the context. The reality is that no one wants sex 'all the time'. This is ridiculous. The most randy hormone-deluged teenage boy will still have times where sex is the very furthest thing from his mind – perhaps when he is being threatened by a pit bull terrier.

No one has ever been 'always ready for sex'. Such a state does not exist.

Another myth is the all-or-nothing idea that a man can only be good in bed if he has an enormous penis. A large penis is seen as 'all' and a smaller one is seen as 'nothing.'

And judging by the amount of penis enlargement spam that's circulating, some men (with averagely sized penises, I'm sure) make their money out of exploiting this universal male worry.

Which makes this a good time to address the 'elephant in the room'.

How large *should* your penis be?



Men are generally much more concerned with penis size than women are

Penis size. It's got to be big to be good, right?

Come on, you know what I'm going to say. I'm going to be all reassuring about penis size, right?

Well, of course I am – because great love making isn't some sort of mechanical task that requires exactly the 'right tool' for the job.

But before we get on to size, let's talk about perception.

Making love is an *all round experience*. It can't – and shouldn't – be broken down into parts (stop sniggering at the back).

It may be a rather typically male thing to take an experience and break it down into its constituent parts – to deconstruct the experience. This is great when you are learning about how cars work. But sex is something else. Sex is all about flow – the *whole* experience, what the experience *means*.

If you are making love to Bob the Builder or some totally analytical mechanic, then the 'size of your tool' *might* be the most important thing.

But we are talking about *love making to women*. Women who enjoy the *totality* of the experience. You have skin, hands, a mouth, a tender loving touch – and a penis (I'm guessing). All these parts of you *merge into the whole experience*.

It's really important that you get this, as all the best lovers do.

The specifically sex-enhancing hypnotic downloads you'll be listening to on this course will help you connect with what this is all about on an experiential level.

It's so important I'm going to say a little more about it.

A bit more on parts and the whole

If you ever watch porn, you might (because you are in 'observer' mode) be breaking the visual experience into its constituent parts. Men are probably more likely to do this. So as you're watching you might say or think to yourself things like:

His penis is large/small!
(if he's a porn star it's probably large)

She's got a beautiful face!
(okay, you might not actually notice that!)

The carpet in that room is absolutely filthy!

The point is, looking at sex like this is all about the 'bits'. Imagine going out on a sunny day and rather than just glorying in the beauty and warmth *in a general sense*, you break everything down:

The sky is blue.

The sun is orangey yellow.

There are small white flowers at the side of the road.

Sure, you *could* do this if you were creatively writing about it, but it hardly conveys the sense of the overall *non-detailed flow of the experience* to your reader.

Remember I was talking about the 'Zen of sex' in Step 1? This is the opposite to mechanical 'parts thinking'. Over-concern with penis size is indicative of a typical mechanistic approach to sex. Women (those who know how to let go and enjoy sex) *generally* de-focus on the 'bits' of sex and enjoy the whole flow of the experience.

On being a great lover

Great male lovers can also do this.

In ancient China it was the eunuchs of the court (yes, those unfortunate guys who had been castrated – of testicles and also, therefore, functioning penises) who were considered the *best* lovers by the ladies of the court.

Why? Because they used their *whole* body during sex, their imaginations, and their hands and mouths, of course.

So, have I just dodged the issue of penis size with all this talk of 'parts thinking' as opposed to holistic integration within the experience? Yes I have. So I'll address it right now.

Penis size

The truth is, even if you are actually averagely endowed, the chances are you believe you are a bit smaller than average.

If you are bigger than average, the chances are you don't believe it.

And just about all men, given the choice, would opt for a larger penis.

But there is no use denying that:

- there is a reasonable variation in penis size among different men (1)

- there is no (despite commercial claims to the contrary) scientifically validated safe method of permanently enlarging your penis.

The average normal erect penis length is anywhere from 4.5 inches (the low end of average) to 7 inches (the high end of average).

But shorter than 5 inches is 'normal', and so is longer than 7 inches, although that's rarer than the 6-inch mark, with the *average* actually falling quite far below 6 inches. (2)

The circumference also varies, but not that much. What's more (or less), flaccid penis size is not a reliable indicator of erect penis size. Some men are 'showers' (as in, it shows) and others 'growers'. 'Showers' grow less, sometimes hardly at all, when they become erect. 'Growers' can sometimes double in length.

But what about all these guys with huge penises! You know, those mythical beasts that stalk the locker room imagination of men everywhere, threatening to make us all wilt into pools of impotent inadequacy?

Penis outliers – or just out and out liars?

Reports of men with 10-inch penises or 12-inch penises are a bit like reports of the Loch Ness monster. Some claim to have seen it, but there's no real evidence, just plenty of photoshopping.

Let me put it this way. How many 12-foot tall men do you know?

A 12-foot man would be well over *twice* as tall as a man of average height. Yet I'm pretty sure there are no 12-foot tall men in a planetary population of billions.

How many 7-foot men are there? Come on, how many measly 7-foot tall men do you know personally? Not many, I imagine, because statistically there are only one to three people in a million who are 7-footers. I bet you've seen guys who were 6 feet and 8 inches and you *thought* they were over 7 feet tall.

There's a scattering (maybe even just two) men who are 8 feet tall in the world. There has been one *fully authenticated* case of a man almost 9 feet tall – *ever*.

Are there men with penises *longer than twice the average* (remember our 12-foot guy)? There *might* be, but it will be so rare that most women you're ever likely to meet will not have had sex with them. And if they did, it might well have been the worst sex they'd ever had, and not an experience they would ever wish to repeat.

There have always been myths about giants – but the reality kind of falls a bit short!

All-or-nothing porn

Male porn actors are selected for their bigger than average penises. A bigger than average penis attached to a smaller than average body might convince you the owner has a 12-inch penis – just as a 7-foot man standing next to 3-foot man might convince you he is really 12 feet tall (as many circus giants really did). Male porn stars also rely on flattering camera angles.

And speaking of things looking larger/smaller by comparison with what's nearby, if your penis looks a tad small in relation to the 50-inch beer gut you carry above it, the problem is clearly not the size of your penis. A beer belly does nothing to enhance anyone's 'sexperience'.

Few men have penises much longer than 7 inches, whatever people (mostly men) might tell you. And far fewer than that own an actual 8-incher – remember you can make a finger look big with the right camera angle.

Couple all this with the fact that most women are not that bothered, unless penis size is an issue for their man, and the penis size issue starts to shrink pretty fast.

What can you do about the size of your penis?

Love what you have

Sex is more than the sum of its parts.

Your penis is not – I repeat, not – a muscle. It is simply organ tissue, just like your liver or your stomach.

Buying your penis gym membership and getting it to 'do weights' three times a week is very likely to damage it but will certainly *not* make it permanently bigger (other than possible initial injury swelling).

Herbs, spices, magic potions and the like will not make it bigger either. If you are still growing and have hormonal issues then testosterone therapy might make it more likely to grow as much as it should grow.

Penis pumps can give you a very pronounced erection (making your penis rise to its greatest *natural* size) but they won't make it bigger.

One last time – your penis is *not* a muscle.

But...

On the bright side...

There are things you can do to strengthen your erection and increase blood flow into your penis as well as naturally increase your 'sex hormone' levels (which we'll come to later in the course), and this will help your 'friend down there' be as big as it can be.

When you look after your general health, control your weight and eat healthily, you give your penis the best 'setting' it can have.

But it is the size it is. And as I've emphasized, sex is not just about the penis – it is an all encompassing merging of sensations and emotions.

So that all-or-nothing idea that 'unless I have a monster penis I can't possibly be a wonderful lover' is kind of... meaningless.

However large or small your penis, the chances are it will fall within the normal range. And if it's shorter than two inches when fully erect, and therefore qualifies for 'micro-penis' status, then remember that there are thousands of ways to pleasure your lover sexually.

But don't women think about penis size at all?

What women want

If women think about size at all, it will be about circumference rather than length (3) because many of the pleasure centers within the vagina are located just inside the entrance.

However, on the whole women are much more focused on 'the whole man' and the two of you together. Women know that many men obsess about penis size, so some less than kind women might figure that teasing a man about size might really get to him. There may be a few women obsessed with penis size, but they will be a tiny minority compared with the number of men who think about it.

So you can see how destructive and damaging the habit of all-or-nothing thinking can be. When we challenge this, and look more closely, we can become properly aware of all the different gradations of reality there are between the all-or-nothing deceptions of ideas about sex.

Learning to challenge some of your own all-or-nothing thinking and other people's black-or-white ideas will help you immeasurably.

ASSIGNMENT 2

Stop all or nothing thinking

Download [Stop all or nothing thinking](#) and **listen** to your download

- **every** day
- **at least** once a day
- for **7** days
- or until you **notice at least half** of the progress indicators shown below

Progress indicators

- you start to **notice** your own 'all-or-nothing' attitudes
- you begin to spot all-or-nothing thinking **in those around you**, in popular culture and in the media
- you start to **challenge** unhelpful all-or-nothing thinking
- you notice your thinking become **more flexible**
- you feel the grip of the old sexual myths **lessening**

Supplementary material

Related downloads available to purchase

[Improve critical thinking](#)

Learn how to take thoughts, opinions and assertions apart and understand what they are really made of

[Be more objective](#)

Rise above unhelpful emotional reactions and see the bigger picture

Recommended FREE articles

[How to stop negative thinking in 7 simple steps](#)

Excellent work! Now, as with all the steps on this course, really focus on making this information and these ideas 'your own'. Revisit the material as often as you need.

We are moving right along, in the next step, to dealing with fear of rejection – a vital step to take toward relationship as well as sexual success.

Until then

All my best

Mark

Notes

- (1) Results vary across studies. The consensus is that the mean average erect penis is approximately 12.9–15 cm (5.1–5.9 in) in length with a 95% confidence interval of (10.7 cm, 19.1 cm) (or, equivalently, 4.23 in, 7.53 in). So if you have a 4 inch erect penis or an 8 inch one, you are rarer than most men but you are still only just outside 'normal range'. See [The Penis Size Survey](#), March 2001.
- (2) A study published in 1996 found the average erect length was 12.9 cm (5.01 in) See: Wessells, H; Lue, TF; McAninch, JW (1996). '[Penile length in the flaccid and erect states: guidelines for penile augmentation](#)'. *The Journal of Urology* 156 (3): 995–7.
- (3) See: Eisenman, R (2001). '[Penis size: Survey of female perceptions of sexual satisfaction](#)'. BMC Women's Health. 2001; 1: 1.

All-or-nothing thinking – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I notice when I take a very black-and-white stance on things					
I notice other people getting into all-or-nothing modes of thinking					
I can challenge and question unhelpful ways of thinking					
I can see more than one side to things, and be more flexible in my thinking					
I'm no longer so much influenced by rigid sexual myths					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I notice when I take a very black-and-white stance on things					
I notice other people getting into all-or-nothing modes of thinking					
I can challenge and question unhelpful ways of thinking					
I can see more than one side to things, and be more flexible in my thinking					
I'm no longer so much influenced by rigid sexual myths					

10 steps to sexual success for men

Mark Tyrrell



**Overcome
fear of rejection**

Step 3

Overcome fear of rejection

Welcome to the third step of your **10 steps to sexual success for men** from Hypnosis Downloads.com!

ACTION POINT! Remember to fill in your **Progress Checker** before you start!



Fear can't hurt you any more than a dream.

William Golding

In Step 1 we looked at fear of failure and how this produces so called 'performance anxiety'. I also suggested that sex isn't by any means just a physical process – the *mind* needs to be in the right state.

It's never just about *your* mind either. Your partner needs to be in the right psychological state too. *So it's never just down to you how much satisfaction and enjoyment a sexual encounter produces.*

In Step 2 we looked at how simplistic all-or-nothing thinking can make us fall for all kinds of myths, which puts us under greater pressure and make us feel unduly pessimistic.

What's more, it's vital to remember that some sexual encounters will just *naturally* feel better than others. This will happen for all kinds of reasons, such as time of day, and even time of year. It's been found that the sex drive of men and women is at its peak in the western hemisphere in autumn ('fall' if you are in the States). So some sexual times will just be better than others.

Even in good long term relationships, things can happen that adversely affect sexual relations between the partners and make it difficult for them to have sex, or enjoy it.

For example, a couple trying to conceive, and especially the man, might feel under more pressure over sex than usual. And if that baby doesn't materialize, he may struggle with feelings of failure and inadequacy, even though objectively this is no one's 'fault'. Similarly, an emotional trauma like bereavement can powerfully affect sex drive, and for much longer than people might expect.

There are ebbs and flows to everything and this is all part of the natural scheme of things.

But why does it matter so much to so many men that they 'deliver' great sex?

The universal need for love

We all need to be needed, to be wanted, to be loved. Some people are much more preoccupied with this than others. But the flip side of wanting to be loved, esteemed and wanted is fear of *not* having these things.

No one wants to be thought of as a 'flop in bed' but behind that fear is a fear of not wanting to be a 'flop in life'. And behind *that* fear lies a fear of rejection by others and specifically one special other.

Some guys say that they feel totally sexually relaxed with women they are not that into, but when it comes to the woman who might be 'the one', they really feel the pressure. This is because it really matters to them that this *particular* woman accepts them.

Sometimes we might fear being rejected by a whole group of people because of sex.

When word gets out – ouch!

If the woman you sleep with is friends with many of *your* friends, you might secretly dread that she might reveal some sexual inadequacy on your part to someone within your group. And that might make you fear being rejected by the whole group in some way, or at least worry that your status as cool dude might suffer.

It's important to remember that if this woman is discussing you with her friends or your friends in a sexually belittling way, then you need to be shot of her faster than sprinter Usain Bolt leaving his starting blocks.

If someone says the sex was lousy, it's fair to wonder: were *they* not part of that sex? Remember, a sexual encounter is a two way encounter – **it takes two**.

But there is another issue here. And that is something you were learning in Step 2.

Wanting acceptance/fearing rejection

It's no wonder we fear rejection. In our long ago history, fighting to survive in lands thick with predators, we *survived* by banding together in tribes. Back then, if the tribe threw you out, that spelled almost certain death.

Fear of rejection in its extreme is another form of simplistic all-or-nothing thinking – “*If I don't get it up, will she never speak to me again? Will everyone get to hear about it?*”

The painful – or should I say *tough* – truth is that we all need to get ourselves past being overly concerned with whether we please others or not.



At the heart of much sexual anxiety lies fear
of ridicule

I'm not saying you shouldn't be a wonderfully giving lover, able to enjoy bringing great pleasure to your lover. What I *am* saying is that *worrying about it too much* is a sure fire way to undermine your own sense of self. But the fact is that fearing someone (or a group) will reject us *completely* because of one thing – or even a few things – we do 'wrong' is an over-simplistic all-or-nothing way of looking at life.

And that means your sex life too.

When we make love to someone, we need to be brave enough to open ourselves to them without hope or fear, and just be in the moment.

Exercise • A cool look at rejection

It helps to bring your fears out into the light.

Stop and think about what kinds of rejection you fear. And who from. Write it down. (These fears needn't be all about sex, or all about a sexual partner.)

For example:

I'm afraid that X will reject me because I'm not really a stud

I worry that Y will push me away because I didn't get that promotion

For each item on your list, ask yourself **how exactly** you fear this rejection might happen.

Will it be something they **say**? Like what?

Or something they **do**? Like what?

Where will this happen? In the bedroom? Out socializing? At work? Note it down.

Then ask yourself, for each one:

Would this rejection

- be **permanent**, forever? Or **temporary**?
- affect my **whole** life? Or just **a part** of my life?

When you really bring a fear into focus in your mind, and imagine in detail what it would *really* be like if that fear actually came to pass, it will often fall apart like withered old parchment in your hands – it becomes nothing.

Excessive fear of rejection has a lot in common with fearing failure. The *fear* can start to take the place of the *essence* of the experience.

So just as fear of failure can crowd out the in-the-moment pleasure of love making (or a game of tennis!), so too can fear of rejection.

ASSIGNMENT 3

Overcome fear of rejection

Download [Overcome fear of rejection](#) and listen to your download

- every day
- at least once a day
- for 7 days
- or until you notice at least half of the progress indicators shown below

Progress indicators

- you notice you no longer think about rejection such all-or-nothing terms
- you feel calmer about how a partner might react to things they don't like
- you 'get' that rejection and acceptance are relative
- you feel freer to just be yourself
- you can focus outward on what you want, not just on what you don't want

Supplementary material

Related downloads available to purchase

[Overcome insecurity in relationships](#)

Learn to relax completely with your partner

Recommended FREE articles

[7 tips to overcome fear of rejection](#)

This step may have been shorter than the last one, but it's packed full of important stuff. When you have fully absorbed everything we've covered here, you'll be so much better able to enjoy connecting with others (and not just in a sexual way!)

Give it all time to settle in your mind, and make sure you read and absorb everything in the article I've recommended.

In the next step we will be focusing more deeply on overcoming sexual performance anxiety – specifically.

Until then

All my best

Mark

Fear of rejection – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I no longer see rejection in such stark terms					
I don't get worked up about whether my partner might not like something					
I understand that acceptance and rejection are relative, like success and failure					
I feel I can just be myself					
I can keep my attention on what I <i>want</i> to happen rather than on what I don't want					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I no longer see rejection in such stark terms					
I don't get worked up about whether my partner might not like something					
I understand that acceptance and rejection are relative, like success and failure					
I feel I can just be myself					
I can keep my attention on what I <i>want</i> to happen rather than on what I don't want					

10 steps to sexual success for men

Mark Tyrrell



Overcome sexual performance anxiety

Step 4

Overcome sexual performance anxiety

Welcome to the fourth step of your **10 steps to sexual success for men** from Hypnosis Downloads.com!

ACTION POINT! Remember to fill in your **Progress Checker** before you start!



*It is not sex that gives the pleasure,
but the lover.*

Marge Piercy, author

This time around we are focusing more closely on sexual performance anxiety and also on the mind set that allows you to enjoy sex even more.

Something to think about: Many men fear sexual failure after a one-off incident in which they don't function sexually. The sense of failure and embarrassment they feel produces a kind of traumatic memory, which exaggerates the feeling that it is *more likely* to happen (or not happen) again in the future.

The hypnosis sessions on this course will help you overcome any fear of this kind, if you have encountered it.

Tom and his score card

Tom came to see me asking for help to 'sexually perform' with his wife. Tom proved to be an excellent hypnotic subject (he'd even appeared in a Paul McKenna stage hypnosis show when it had visited his town). Anyway, the story was that Tom in his late twenties

had married a much older woman. He'd had very little experience of women before meeting her. But it seemed she wasn't satisfied with his sexual 'performance'.

"She keeps score and gives me feedback after each time we have sex!" said Tom, like this was the most normal thing in the world. "Every couple of weeks she wants a 'review meeting' to talk about how I'm doing in the sack!"

Tom (not surprisingly) had started to get really nervous when sex was on the cards. And this nervousness was, in turn, affecting his 'performance'. He had built up a secret stash of Viagra to help him out (although from what he told me it seemed this could only have had a placebo effect, if any). Despite this, he was feeling pretty wretched about his sex life and asked me what I thought was wrong with him.

I told him there was nothing wrong with *him* but *everything wrong with the situation*.

I asked him to bring his wife in too.

Sometimes sex isn't just about sex

His wife was an attractive woman about fifteen years older than him. She was quite open about her scoring system, the 'review meetings' and even told me that his current average was 4/10.

Now maybe this woman was a control freak, or had swallowed too many business performance manuals, or was plain old crazy, or was trying to hang on to the balance of power by keeping him down because, just maybe, she feared that if he was too confident he might do a walk with an attractive *younger* version of her. Who knows?

But I asked them to go away and to change roles for a month. *He* was to score *her* – there was to be no scoring of him, *whatever happened*.

She was reluctant at first, but I managed to convince her it would be worth the effort. As she was clearly a real stickler for things being 'right', I knew that once she had agreed, she would stick to it.

Power balance

For a month the balance of power was shifted. Tom called the shots – he made love to her generously, tenderly, passionately – and he *knew* it was good. But she was not allowed to tell him it was good, bad or indifferent.

He held review meetings for *her*. They discussed *her* lovemaking, *her* 'performance', which he rated out of 10. They enjoyed this game.

After a month they came back. He seemed vastly more sure of himself, and she seemed happier too. I told them to forget performance, review meetings, score cards and the rest, and just make love whenever and however they felt like it. I even got them both ritualistically tearing up the score cards in front of me.

And the upshot? Their sex life became a normal, healthy part of their lives. They both stopped 'over-thinking' sex and allowed themselves to start to enjoy the spontaneity and freedom that a real love life can bring.

I'm telling you this case history because it's an extreme example of what many men feel. Not that, in most cases, their *woman* made them feel like that, but because of conscious and unconscious assumptions about male sexual performance.

The beautiful irony is that once you control performance concerns, you are free to perform genuinely well – but not because you are *trying* to do so.



When you stop seeing sex as a 'performance', you become free to enjoy it

What a performance!

Far too much focus, for men, is around 'performance'. We even talk about men who are suffering impotence (which can be a genuine problem, and we're coming back to it in Step 6) as having 'performance issues' – as if they are actors with stage fright, or baseball batters having a rough season!

But how often do you hear it said of a *woman* who has temporarily gone off sex, “Oh, she has been *unable to perform* recently...”?

If a woman doesn't get aroused, we don't say “She didn't perform.” We are even likely to assume that it was because the *man* didn't ‘perform properly’ that the woman didn't get into it.

If we are not careful the whole onus for enjoyable sex gets laid (no pun intended) at the man's door.

You are not a performer

The fact is, sex isn't a show at a Sea Life Center. You are not a performing seal. Feeling that you have to give a ‘performance’, especially perhaps in the early days of a relationship (when, let's face it, you might be ‘out of practice’), drops you in that most destructive of emotional dilemmas... our old friend fear of failure.

Doing it to her or *with* her

If we see sex exclusively as a lone ‘performance’ (even when there's two of us), as a one man show, or like a ski jump that is basically all down to us... well, that's a lot of pressure right there.

Men may talk in terms of ‘I’ when it comes to sex. As in: “I screwed / nailed / stuffed / shagged... (oh, come on, put your own verb in here) her!”

Whereas women are much more likely to talk in terms of ‘we’. As in “We had sex/made love!” rather than “I screwed him.”

This course will greatly help to take the pressure off, because you'll really begin to inhabit the mindset that sex is a *collaborative event*.

Yes, of course I know you know this fact *consciously*, but when you *feel* that sex or lovemaking is a *merging* of two people, that it's ‘us together’ rather than ‘me doing to you’, like some kind of street mugging, then ‘performance’ ceases to be an issue.

And, paradoxically, sex becomes much better. It really does.

Your conscious mind can get in the way

It's one of life's great ironies that the more we want something the less likely we are to get it (with some things anyway).

For example, have you ever tried to force an erection through direct exercise of your will power? Sure, you might be able to get an erection by imagining some sexy situation (or because of certain hormonal changes that occur when you sleep, but we won't get into that yet), but telling yourself consciously: "Get an erection!" doesn't really work that well, does it?

That's because you getting hard is a *byproduct* of finding a thought or a situation sexy.

Ever directly tried to make yourself sleep, because you really have to be fresh for some big event next day? That doesn't really work either. The more you try, the more wide awake you feel.

Again, you falling asleep is a *byproduct* of certain physical and psychological changes taking place in you.

In a further irony, sometimes the more you consciously try *not* to sleep at night, the more sleepy you become!

And trying *not* to have an erection can be just as difficult – teenage swimming lessons can be embarrassing, can't they?

My point here is that trying to control things with your *conscious* mind that are really *meant to be unconscious* processes isn't going to work that well. This is one reason we use hypnosis so much on this course.

Exercise • Pressure points

Think about the ways in which you yourself feel (or have felt) pressured around sex.

Write a sentence expressing what each different pressure was. For example:

I worry that if I can't get it up tonight X will think badly of me.

I was anxious not to come before X did, so that she could really have a great time, and that felt like an awfully big deal.

I thought X would compare me with her previous partner, who much bigger and fitter than me.

Look at what you've written and ask yourself, what is the **assumption** (or myth) behind this?

For example:

Women despise a man who can't get it up.

Look back at Step 1 and Step 2 and think about how you might loosen the grip of these ideas by coming up with a **new formulation**. For example:

A woman might be disappointed if a man doesn't get an erection when they're making love, but most women appreciate that this just happens sometimes, and is no big deal.

You might not actually believe your new formulation straight away, but writing them down will help you **think more flexibly**.

The balance of power

Whether or not you are in a relationship right now, the ‘balance of power’ that we were looking at in Tom’s story above is another important factor affecting your sex life.

It *shouldn’t* make any difference, but sometimes it does when one person is *always* more dominant/demanding/demeaning in the relationship.

Do you feel, or have you ever felt, that sex is like a ‘barometer’ of what’s going on in the wider relationship?

Often when something shifts in the balance of power and things become more equal, then sex improves too.

Never let yourself be pushed around in any way. Because whoever the ‘she’ that you’re with happens to be, and no matter how wonderful she may be, you should never give up the right to be master of your own confidence.

ASSIGNMENT 4

Overcome sexual performance anxiety

Download [Overcome sexual performance anxiety](#) and listen to your download

- every day
- at least once a day
- for 7 days
- or until you notice at least half of the progress indicators shown below

Progress indicators

- you really do stop feeling sex is some kind of performance
- you feel that how a sexual encounter goes is a joint endeavor, and not all down to you, and act accordingly
- you become more aware of areas of imbalance in your relationship (while recognizing this may not be anyone's 'fault')
- you find you can relax and enjoy sexual encounters for what they are, without seeing them as a measure of your 'worth'
- you feel more confident in yourself

Supplementary material

Related downloads available to purchase

[Overcome insecurity](#)

An overload of anxiety and worry can make life difficult. Learn to relax and increase your enjoyment of life

Recommended FREE articles

[How to deal with sexual performance anxiety](#)

With everything you've done so far on this course, you have already equipped yourself with a wonderful armory of psychological skill and understanding, well beyond what most people develop. No longer will you get trapped in unnecessary fears, or tempted to look at the world in extreme ways that spoil your chances of getting the best out of life – and sex. Make sure that you go back over your material and let all these ideas really sink in.

In the next step, we'll be looking at why women like chilled men, how relaxation can help your sex life and how to manage all kinds of stresses.

Keep with the program, because it *will* help you reach your full sexual potential.

All my best

Mark

Sexual performance anxiety – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
Sex doesn't feel like a performance to me					
I treat sex as something I do <i>with</i> a partner, and whether it goes well is not all down to me					
I am more aware of the power balance between me and my partner					
I don't see sex as any kind of measure of my worth					
I feel quite confident in myself					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
Sex doesn't feel like a performance to me					
I treat sex as something I do <i>with</i> a partner, and whether it goes well is not all down to me					
I am more aware of the power balance between me and my partner					
I don't see sex as any kind of measure of my worth					
I feel quite confident in myself					

10 steps to sexual success for men

Mark Tyrrell

5

Reduce stress and tension

Step 5

Reduce stress and tension

Welcome to the fifth step of your **10 steps to sexual success for men** from Hypnosis Downloads.com!

ACTION POINT! Remember to fill in your Progress Checker before you start!



The greatest weapon against stress is our ability to choose one thought over another.

William James

The previous step is an important one. I say 'is' rather than 'was' because I want you to revisit it and really make it a part of who you are – so that the whole idea of 'performance' gets thoroughly displaced.

In this step we're going to look at how *general* lifestyle stress as well as specific stresses link to sex and even dating.

But first let's look at how women relate to men who are under stress.

Contagious stress

Emotion is contagious. One person panics and the panic can spread amongst a group – or even a whole population – like wildfire. This 'spreadability' of emotion would have had vital survival value in days gone by, when one member of a tribe spotted a predator, or a potential meal. We would have communicated through emotion *before* we developed language.

Charismatic people are particularly 'emotionally contagious' because they seem to be able to more easily transmit their feelings and perceptions to others.

And of the emotions, stress is exceptionally contagious.

If you feel stressed during a date, or during sex, then your partner will likely feel more inhibited too.

Likewise, when you make love to a woman who is clearly stressed, let's just say it might not be the best experience of your or her life. Her stress may well 'infect' you so that *you* feel more stressed.

But it's also true to say that your 'chilledness' (you won't find that word in the dictionary) can have a great effect on her.

Don't just tell her to relax – *be* relaxed yourself and let it flow

The beautiful truth is that when *you* are relaxed and 'chilled' then *she's* more likely to relax and enjoy the experience too.

It seems women can sense how stressed or relaxed a man is. And not only that. They are more *attracted* to relaxed guys (relaxed, I said, not lazy!).

So if you're relaxed during sex you'll likely be much more desirable to her.



**Relax as much as possible because excess stress
can spoil your sex life**

Stress levels and attraction

The levels of cortisol (a major 'stress hormone') in our bodies rise when we feel stressed. It seems women can sense raised cortisol levels in a man *even if he isn't showing obviously stressed behavior*. And it's been found that women (specifically ovulating women) find men with *low* cortisol levels (in other words, 'chilled guys') more attractive. (1)

It used to be thought that testosterone levels in men were the key to male attractiveness for women, but it seems women only prefer high testosterone males *if they have low cortisol levels*. (I'll be talking more about your testosterone levels in Step 7, 'Increasing libido'.)

Relaxing more around women – and sex – produces a wonderful feedback mechanism in which the better you feel, the more appealing you become, and the more likely you are to transmit this sense of wellbeing to her too. 😊

So starting to manage stress effectively is clearly better all round, but until you've *learned* to manage your stress levels you can't really expect yourself to readily feel 'up for it' around sex. In fact, if you're highly stressed much of the time it will be a wonder if you are *ever* ready for sex.

There are excellent reasons why we evolved to forget about sex during stressful times.

Stress and the 'ever-ready' myth

I've mentioned that myth about men always being ready for sex (whatever the person and whatever the situation) several times already. This is clearly silly, on many levels.

In times gone by, you certainly would not have been ready for sex when hunting for food, or fighting off wild animals.

The situation has to be right, and *your mind-and-body set* has to be right.

You could be the most virile, sexually-charged man on the planet, but if someone has a gun to your head and you believe they are really going to squeeze the trigger, believe me, sexual responsiveness will be the last thing you'll be capable of.

Stress and sex

It's true that some people use sex as a way of relaxing, of *de-stressing* themselves, and it certainly is a fun way to relax. But if stress is *too high*, then sex drive will switch off. And stay off.

The truth is, erections are *supposed* to fade away during times of stress, and so is your sexual interest.

If we think for a moment what stress is really *for* we can see that's it there to keep us safe.

If I am treading through the jungle happily fantasizing about some electric sexual encounter and I suddenly see a fierce tiger blocking my path, staring right at me and about to pounce, what do you think happens to my sexual fantasy?

Of course, it disappears. I'm now intensely stressed. I *need* to be stressed in such circumstances. And when we become stressed, any function that *isn't* directly connected with immediate survival gets switched off. An erection will not help me much when I'm fighting off (or more likely running from) a tiger. (I realize the opportunities for jokes here are mind boggling.)

Just how many tigers threaten you on a daily basis?

Life is full of 'tigers'

Unfortunately, in modern life the 'tigers' of olden times have been replaced by self-tormenting worries, stresses at work, bullies, or fears around sex.

We often respond to our worries about the future *as if they were a real and immediate threat*, just like those tigers. And our bodies react accordingly.

But make no mistake, stress above a certain point is *supposed* to switch off sex drive, because that level of stress indicates (even if mistakenly) that we are under threat, and need to take action. This is normal.

We instinctively know when we are too stressed and often we try to 'treat' ourselves. But that can backfire too.

The pitfalls of self medication

We need to relax around sex. Men (and women) instinctively know this and may misuse alcohol or drugs to self medicate so that they can feel relaxed enough for sex. Especially with someone new.

Remember, self consciousness, shyness and embarrassment are all manifestations of stress. Self medicating for anticipated sex stress might seem like a good idea, but there are at least three potential disadvantages:

- you might over medicate to the point that you can't function sexually at all – the old 'brewers droop'

- you might make bad sexual choices and wake up the next morning asking yourself and the universe “Why?”
- you and your partner may feel so disassociated from the experience that neither of you actually enjoy it
- you become so reliant on having sex while ‘under the influence’ that sex without the booze or drugs starts to feel unnatural.

Ultimately, these attempts at assuaging stress become stresses in themselves, as you need more and more to get the same effect.

One or two beers or glasses of wine probably isn’t going to hurt, but you don’t want to feel you *have* to have them just to have sex. It’s also important to be mindful that consuming stuff that isn’t so good for you for too long in your life will eventually also corrode your sexual energy and responsiveness generally. Natural is the way to go.

Your sex life naturally improves when you:

- manage your day to day stress levels better, and
- relax regularly, deeply and naturally.

How to diminish your stress

Stress is a signal. It’s telling you that you need to:

- remove or minimize the source of the stress – such as manage your workload differently
- change your response so that you feel less stressed
- do a bit of both.

Your general background levels of stress *will* impact upon your sex life. So anything you can do to minimize your daily stress load *and* help you produce less cortisol (stress hormone) in response to life’s daily vicissitudes will, as a knock on ripple effect, help your love life.

Exercise • Stress elements

Where is it all coming from?

Make a list of all the things in your life that are causing you **stress**.

These could be physical things to do with your health and lifestyle, or emotional stuff – work pressures, relationship issues, family strains, knockbacks and disappointments, and so on.

Beside each one, note down **one or two** things that you might do to **reduce the stress** you experience from that source.

Commit to taking action on **three** sources of stress this week.

Empty your stress bucket regularly

The stress we are under affects our bodies. We literally 'carry it around' with us in our muscles and organs (stiff neck, anyone?). Unless we empty our 'stress buckets' regularly, this stress starts to have *physical* effects which will in turn impact on our health.

Take time **every day** if possible (or at the very least every couple of days) to relax very deeply for twenty minutes or so. Listen to a download you find particularly relaxing, or meditate.

Doing this will help re-set the cortisol levels in your blood stream, meaning you will be less stressed generally. This gives your sex hormones room to function properly.

ASSIGNMENT 5

Reduce stress and tension

Download [Reduce stress and tension](#) and listen to your download

- every day
- at least once a day
- for 7 days
- or until you notice at least half of the progress indicators shown below

Progress indicators

- you feel more relaxed about everything
- you feel physically healthier and more energetic
- you notice you are sleeping better
- you find you can look at worries and problems in a more detached and objective way
- you start to deal with the sources of stress more effectively
- you feel like you have more 'spare capacity' to enjoy the pleasures of life – such as sex

Supplementary material

Related downloads available to purchase

[Beat burn out](#)

Get your perspective back. And even your sense of humor!

[Work life balance](#)

Learn to set boundaries on how you use your time – and enjoy using it more.

Recommended FREE articles

[Relieve tension in your mind and body: 7 tips to unwind quickly and feel human again](#)

[Why relaxing around women makes you more attractive](#)

As you start to bring down the cortisol levels in your body by reducing the stress levels your mind and body are subjected to, you will find yourself feeling very much healthier, more optimistic – and more sexual.

In the next step we are dealing with something that happens to many men at some time or another – impotence.

All my best for now

Mark

Notes

- (1) See: Moore FR et al. [‘Cues to sex- and stress-hormones in the human male face: Functions of glucocorticoids in the immunocompetence handicap hypothesis’](#). *Hormones and Behavior*. 2011 Aug;60(3):269-74.

Stress and tension – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am feeling more relaxed in my life generally					
I notice that I feel healthier and have more energy					
I am sleeping better					
I am cutting the stress more effectively					
I feel I've got time and energy to do more fun things					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am feeling more relaxed in my life generally					
I notice that I feel healthier and have more energy					
I am sleeping better					
I am cutting the stress more effectively					
I feel I've got time and energy to do more fun things					

10 steps to sexual success for men

Mark Tyrrell



Cure impotence

Step 6

Cure impotence

Welcome to the sixth step of your **10 steps to sexual success for men** from Hypnosis Downloads.com!

ACTION POINT! Remember to fill in your **Progress Checker** before you start!



To succeed with the opposite sex, tell her you're impotent. She can't wait to disprove it.

Cary Grant, movie star

On this step we're going to address a very sensitive subject indeed, at least for us men – impotence.

I felt so embarrassed! I was hot all over, and so humiliated. My 'manhood' seemed not only to fail to erect but to shrink back actually smaller than I'd ever seen it... I mumbled some kind of apology and fled the scene as fast as I could. And then I had to see her in college next day. I just couldn't look her in the eye, even though I could see she was trying to still be friends...

The incident described here sent Joe to see me. Not immediately. *Ten years* later. In all that time, Joe had avoided all sexual contact, fearing that humiliation might happen again.

Joe was a shy man, but also very proud. It was a major step for him to seek help. We worked together in two ways to deal with his situation. We used hypnosis to help him break out of the vicious circle of anticipated fear, and we also followed the common sense approaches I'm about to outline for you below.

And things started looking up (!) for him pretty quickly.

Now whether or not you personally have ever experienced impotence, you (and in fact *all* men) can really benefit from taking time over this step.

The ups and downs of the penis

You have undoubtedly noticed that sometimes your penis seems to have a life of its own, quite outside your control. Nonetheless, for many men not 'getting it up' can be a cause of shame and humiliation, and even depression – if it continues.



It's a fact that sometimes your penis seems
to have a life of its own!

Just *willing* your penis to do what you want – whether to *lose* an embarrassingly timed erection, or to get hard because you want that to happen right now – is pretty nearly impossible.

Trying to consciously control an unconscious process never really works.

But how do we *define* impotence or, as it's sometimes scarily known, 'erectile dysfunction'?

What it means to be impotent

'Erectile dysfunction', aka impotence, is inability to *develop* or *maintain* an erection during a sexual encounter.

We can all be (and most of us are at some stage) 'impotent' *occasionally*, now and then. Maybe worries or exhaustion get on top of us, or, if we're honest, we just aren't that attracted to who we are with.

It happens. It's a part of life.

But this (and the next step) are all about making it as small a part of life as possible. Heck, even guys in their nineties have become fathers – naturally!

As we saw in the previous step, too much stress is *meant* to prevent erection. Not getting an erection now and then doesn't mean that a man is impotent (it means he is human). He can only be described as impotent if he *never* or *very seldom* gets an erection during sex.

So as a *condition*, impotence is an *ongoing concern*, not just an occasional occurrence that happens to (probably all) men at some point.

The science (and mystery) of erections

Erections are mysterious – a part of your body suddenly gets bigger and harder, and stays that way for some (varying) length of time. Don't you think that's strange? (Of course, when you think about *anything* too much it can seem weird...)

An erection has little to do with your conscious mind or will. You digest food every day, but you don't *consciously* 'digest' your food. Similarly, an erection just happens 'all by itself'. It is governed by a part of your brain outside of conscious direction.

It's rather obvious that increased blood flow is vital for an erection to occur at all. However, once the extra blood has arrived in the penis, causing it to swell, it needs to *stop* flowing. As soon as the penis has swollen to its fullest extent, your brain sends signals to nerves within the penis to *prevent* blood leaving the penis for the duration of the arousal.

Hey presto! You have your erection.

The penis rises – different men naturally experience different angles of erection.

You become hard from either sensory stimulation (someone touching you – or you touching yourself) or mental stimulation – a sexy daydream or seeing something/ someone you find sexy.

Alternatively, you can be...

Ready for sex when you... sleep!

Most of your erections occur while you're asleep. The technical name (and it's quite a mouthful) for sleep-time erections is 'nocturnal penile tumescence'. However, like your sleep time erections themselves, you don't need to remember that. Night time erections are a normal occurrence in dream sleep.

During a normal night's sleep, the penis in men (and the clitoris in women) becomes erect. The truth is that healthy men and women *are ready for sex* during large periods of their sleep time. Good quality sleep is good for your penis.

Using the natural night time arousal cycle

I've worked with a number of couples where the man has experienced impotence.

Interesting results have come about when I have given such couples a particular 'task' to do as part of their treatment. I tell them that they are to wake up in the small hours of the night, setting an alarm if necessary. I tell them that they *must not* have sex at this time. Instead, they must "just explore each other's bodies".

Several of these couples have found that the potent mix of

- natural arousal on being awakened from sleep
- lack of self consciousness
- blended with the no-pressure instruction 'not to have sex'

has simply proved too much to handle, and they have excellent sex!

So, awakening from a dream in the night might be a perfect time for spontaneous sex, as you and she may already be physiologically aroused. (As long as she doesn't mind being woken for sex 😊)

So you may be 'ready for sex' through a large chunk of the night.

In fact, if you are reasonably healthy you will be experiencing erection in your sleep for anything from one to up to three and a half hours!

Most men, at least sometimes, wake up with a 'morning glory'. One way to establish whether impotence has a *biological* or *psychological* basis is to notice whether you wake up with a hard on at least sometimes – or not at all.

Causes of impotence

It's important to know the difference between *desire* and *sexual capacity*.

You may greatly desire a woman but, because of

- stress associated with sex
- too much alcohol
- depression (which increases stress hormone)
- antidepressant medication, or
- other physical illness

not get an erection *even though you really want her*.

Some women might conclude that if a man doesn't get hard, it means he isn't that 'in to her'. But, as we know, it ain't necessarily so. Men can, as we also know, have sex with women they're not that attracted to. That's the nature of the beast.

Causes can be physical or psychological or a bit of both. If you have had trouble getting it up, you can start the process of finding out if it's physical or caused by your own mind by asking yourself whether you *ever* get an erection.

Do you ever wake with an erection? If you never, and I mean *never*, seem to get hard, even when on your own, then it points to an underlying physical cause.

Possible causes of impotence

Physical	Psychological
Obesity (may be a <i>symptom</i> of generalized inflammatory response in the body)	Performance anxiety
Diabetes	High stress levels
Hypertension	Low self esteem
Heart disease	Relationship problems
Kidney failure	Unresolved traumatic issues around sex
Damage from surgery	
Effects of smoking	
Depression (depressed people have higher levels of stress hormone in their blood streams)	
Low testosterone	
Alcoholism (which also lowers testosterone)	
Medication (such as antidepressants)	

Important: Impotence may be a symptom of some undiagnosed health issue so, please, get yourself checked out medically.

Exercise • Think of a time...

Mentally review times when you did not become hard when you wanted to.

Ask yourself:

What was going on?

Did you have too much to **drink**?

Did you **smoke** a lot?

Were you on antidepressants or other **medication**?

Were you **nervous** about the sex?

Was life particularly **stressful** or tiring at that time?

What can you do to **minimize the risk** of episodes of impotence?

Top tips for keeping it up

A word on Viagra

Viagra was touted as a wonder drug – the elixir of youthful sex (and fount of constant unwanted email spam).

We all know the power of placebo and positive expectation, but the drug itself has been found to have potentially nasty side effects (1), plus it's been found that regular exercise is better for your erection status ('erection-status'? Well, you know what I mean!) than taking Viagra. (2) And who wants to get reliant on Viagra?

Look after your health

Eat healthily (we'll be looking at specific foods that can boost your sex drive in the next step). If you have any doubts about your health status, I repeat: Get yourself checked out by a professional.

Exercise	Exercise improves blood circulation (but some forms of exercise are better than others, as we'll see in Step 7).
Don't smoke	It's a no brainer. Nicotine makes blood vessels leading into the penis smaller, making getting and maintaining an erection much less likely. While this effect stops as soon as the man quits smoking, the arterial hardening takes some time to reverse.
Rest and get some sleep	Lack of sleep and rest creates stress. When we are stressed our body prioritizes other physical responses <i>over and above</i> your sexual response.
Resolve sexual issues	Listen to the downloads on this course over and over. They will help you change any damaging associations you have around sex that may be caused by past conditioning.

Don't focus on your penis too much

Forget about your 'little man'. Let him look out for himself. Nature will generally take care of things.

Mitch was a client I had who needed to learn this. He told me he panicked if he didn't get hard straight away, even when just kissing his girlfriend. He would think: "Right, that's it – it's just not going to work!" and make some excuse to stop, such as that he wasn't feeling well, or was tired or had to work. He wasn't giving nature a *chance*.

Take pressure off whenever possible

A classic treatment for performance anxiety related impotence is to ask a couple to lie naked together but *not* have sex. Once the pressure is off then, of course, the man is *more* likely to 'rise to the occasion'.

But you might not want to work *with* your woman on this issue.

One guy, to get over the 'pressure' problem, would jokingly say to his date: "*You better not expect any sex tonight. I've been working since six o'clock this morning!*" or "*These drinks have been a lot more powerful than I was expecting!*" She would laugh, of course, but now he felt that if they *did* have sex, he'd already taken the pressure off himself.

After a while he felt able to totally drop this 'technique' and just be himself.

Imagine having sex totally unselfconsciously – not caring about hardness or otherwise, but just enjoying her, the woman you're with, and enjoying her enjoyment.

What you daydream 'sets' blueprints for your mind and body.

The more you fantasize about joyful unselfconscious sex, the more this kind of sex becomes easy for you. Worry, negative fantasy, is a form of self hypnosis that also sets a blueprint – but not the one you want. The more you use your downloads the more fantastic sex will become.

Which bit of you controls which bit?

The fact that you often get hard when you dream at night shows us that erections are controlled by your *autonomic* system – the same part of you that digests food or does other things beyond your conscious control.

So feeling *consciously* ashamed or humiliated, even though understandable, is like one person in an organization taking responsibility for what is really the remit of someone else entirely.

People who blush often 'feel stupid' for blushing. This is the same phenomenon. One part of them feels bad about *another* part's 'misbehavior'. If I blush, that's got nothing to do with 'me', the conscious part.

Mitch started to feel more relaxed about "Will I? Won't I?" when he absorbed the idea that it really wasn't his 'fault'.

If someone tries to make you laugh and you *don't* laugh, that's not your 'fault'. Paradoxically, the download for this step is going to help you *stop feeling responsible* for every erection while at the same time *encouraging your unconscious mind to do what it needs to do when it needs to do it*.

The conscious mind often becomes a kind of 'control freak', wanting to control parts of the self that are not *supposed* to be controlled consciously. When you let go and relax, and let your body and unconscious mind 'do their thing', then all kinds of 'problems', including impotence, can vanish.

An important little detail

Actually, it will help you to know that the part of your autonomic system that controls your erections is your *parasympathetic* nervous system. This is the same part that makes all those delightful changes occur when you relax deeply.

So, as we were saying in Step 5, relax as much as possible in your daily life!

ASSIGNMENT 6

Cure impotence

Download [Cure impotence](#) and listen to your download

- every day
- at least once a day
- for 7 days
- or until you notice at least half of the progress indicators shown below

Progress indicators

- you feel more relaxed about the prospect of sex
- you fantasize more about things going well
- you are less concerned about whether you will or won't get an erection
- you find yourself able to respond more spontaneously
- you enjoy sex much more

Supplementary material

Related downloads available to purchase

[Overcome fear of sex](#)

Rediscover how very enjoyable sex can be

Recommended FREE articles

[5 natural impotence remedies](#)

Again we've covered an awful lot of ground in this step. Anxieties around these issues can make it feel hard to take in new information, and develop a new perspective, so give yourself time to absorb everything that's here, and make it really part of who you are.

In Step 7 we are extending what we've started here and looking at how you can ramp up your libido (sex drive) to help your confidence even more.

Until then

All my best

Mark

Notes

- (1) See: [Viagra Side Effects](#).
- (2) Frank Sommer MD PhD of the University of Cologne, a urologist, reported these results at a conference in 2003.

Cure impotence – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am relaxed about the prospect of having sex					
Instead of worrying what might go wrong, I fantasize about it all going well					
I am not so bothered about whether I will get an erection					
I can be more spontaneous during a sexual encounter					
I am enjoying sex much more					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am relaxed about the prospect of having sex					
Instead of worrying what might go wrong, I fantasize about it all going well					
I am not so bothered about whether I will get an erection					
I can be more spontaneous during a sexual encounter					
I am enjoying sex much more					

10 steps to sexual success for men

Mark Tyrrell



Increasing libido

Step 7

Increasing libido

Welcome to the seventh step of your **10 steps to sexual success for men** from Hypnosis Downloads.com!

ACTION POINT! Remember to fill in your **Progress Checker** before you start!



Nymphomaniac: a woman as obsessed with sex as an average man.

Mignon McLaughlin
The Neurotic's Notebook, 1960

We men are supposed to be obsessed with sex. And it does seem to be more of a male preoccupation than a female one!

But anyone's sex drive can suffer, and not be what nature intended it *should be*. Nor are we men immune from either a loss of interest in sex or a loss of sexual energy.

So Step 7 is all about raising your libido – firming up your erections and increasing your capacity for sex.

The love life of your libido

The word 'libido' refers to your sex drive or amount of sexual desire and capacity to fulfill that desire.

Some people have naturally very strong libidos, and libido varies not just from person to person but also *within the same person* depending on circumstances, age, status and even time of day.

Your sex drive is affected by

- who you are with
- what else is going on in your life
- your health and fitness
- your testosterone levels.

Testosterone levels tend to be higher when we wake up in the morning – hence the common morning erection.

The important information here is that sex drive is *variable*. It *changes*.

It's also said that men reach their sexual peak in their late teens while women reach their maximum sexual drive in their mid thirties. However, desire is so much influenced by who you are with and what your life is like that this kind of information can be virtually meaningless.

But let's take a closer look at testosterone. What is it, for a start?

Sexy, strong and confident

A hormone (from the Greek for 'impetus', a particularly important concept to us right now) is a chemical released by a cell or a gland in one part of the body that sends out messages that affect cells in other parts of the body. Testosterone is a 'steroid' hormone. That means it belongs to a particular class of chemical compounds identified by their shape. Probably the best known steroid is cholesterol. Not all hormones are steroids, and not all steroids are hormones. (Enough science!)

Testosterone is a fascinating steroid hormone. It affects sex drive, social confidence, physical stamina, body composition (body fat to lean muscle levels) and social dominance. Testosterone production is affected by *social* and *psychological* factors as well as physical ones.

The case of the horny soccer fans

It's been found that testosterone levels rise in soccer supporters when their team wins and falls when the team loses. Germany won the World Cup in 2006 – much to the jubilation of the German fans. Nine months later, the birth rate spiked dramatically.

(1) With an increase in perceived status comes a rise in the sex drive hormone testosterone.

Friends in high places

People with naturally high testosterone levels may be more likely to win higher status in life, but in a manly feedback loop it's been found that *having* higher status raises testosterone levels even higher. So, holding high office may be an explanation (not an excuse!) for risky sexual liaisons (for some reason the name 'Monica Lewinsky' comes to mind...).

Anyway, on the down side, libido often drops when a man becomes unemployed or feels rejected.

So if your libido seems to have dropped off recently, maybe you need to get behind a winning team, or find a way of feeling naturally more dominant than you do right now. And by 'dominant', I don't mean aggressive so much as assertive and confident and ready for challenge. Many low status males try to raise their testosterone levels (although they don't consciously know that they are doing this) through joining criminal gangs or engaging in violence to raise their status.

There are plenty of better ways to raise your 'male hormone' levels.

The truth about testosterone

In some ways this sex hormone (testosterone also plays a role in *female* sex drive) has had a bad rap. It's often assumed that high T levels are *inevitably* associated with anti-social or aggressive behavior and crazy risk taking. But highly considerate, intelligent and far-seeing men can, of course, also have high testosterone levels. And when you feel secure in yourself you have less to prove.

So working on your self confidence and self esteem will be good for your sex drive.

But other than raising your status, or *the way you feel about your status*, how else can you naturally maximize your testosterone levels and therefore the strength of your sex drive?

Before we get to that, here are some other benefits of raising your testosterone.

Benefits of upping your T levels

Increasing your T levels and having a healthy amount circulating and available to you has many benefits. You can think more clearly, and tolerate stress and fatigue better. Your mood will be brighter, making you less likely to fall prey to depression or other mood disorders (depression plays havoc with T levels (2)). And having good T levels also improves your body composition – away with those feminized man boobs!



Higher testosterone will make you feel like a superhero!

And that's not all...

Other signs of high testosterone levels

- a sense of well-being (reduction in depression and mild euphoria)
- confidence (reduced social anxiety and greater assertiveness)
- greater energy and capacity for work
- better mental concentration for mental tasks
- lowered excess body fat

- strength and muscle mass increases
- greater general motivation and therefore ambition
- reduced susceptibility to developing Alzheimer’s Disease (3)
- and last (but for the purposes of this course by no means least!) – great sex drive/libido. Sexual responsiveness increases and interval times between capacity to become erect get shorter. When you make love all night, thank testosterone –and of course the sexual allure of your partner!

g o natural

Don’t be tempted to take anabolic steroids, because what these ‘meds’ do is basically *prevent* your testicles from producing their own natural testosterone. If your testicles aren’t needed (which they won’t be if something else is doing the job) they shrink pretty quickly – big muscles, small balls. And once you *stop* using the juice then, until your testes remember what they are for, you will be very low in T. Moreover, being permanently on steroids is a really, really bad idea.

You have your life to lead and I’m not suggesting that *everything* you do should be all about raising your T levels. But living in a way that maximizes the production of T will be *generally* healthier for you too.

So, short of always supporting the winning sports team or waiting for promotion to ‘top dog’ position at work, how can you boost your T levels through your life style choices?

How to raise your game... naturally

Many aspects of modern life are T-depleting. From the terrible junk food that’s constantly being thrust upon us to the relentless pressure to ‘conform’ and to ‘be a success’. And then there’s the mindless groupthink that has us all blindly subscribing to the ‘truth’ of completely baseless assumptions, such as ‘the more exercise you do the better’. Sugar, high fructose corn syrup, alcohol, feminizing plastics (due to the hormone-like effects of the chemical bisphenol A) – all work to deplete natural manhood hormones.

Here are a few ideas to help you fulfill your true male hormonal destiny.

Cut the booze

I know having a beer is seen as ‘manly’, but too much alcohol decreases T quicker than rats leaving a sinking ship. I’m not saying you shouldn’t drink *at all*, but keep it down (and remember what I said about beer gut in Step 2).

<p>Minimize stress</p>	<p>Chronic and constant stress is the <i>arch enemy</i> of testosterone.</p> <p>Cortisol (the stress hormone) is <i>catabolic</i> (it breaks down body tissue like muscle), while T is <i>anabolic</i> (it builds tissue like muscle).</p> <p>So relax to your downloads regularly and often (and revisit Step 5).</p>
<p>Sleep</p>	<p>It's a mistake to think of slumber as a 'necessary evil', or an annoying 'inconvenience' cutting into your work/social life. Give it some priority. (4)</p>
<p>Exercise intensely</p>	<p>Intensely – but relatively infrequently. Like the cave man that you are/were/might have been.</p> <p>Intense exercise is a powerful medication, and only a fool believes 'more of something powerful must be better!'</p>
<p>Low intensity is not necessarily better</p>	<p>How do lions, those T-filled kings of nature, take their exercise? Well, they don't! Or not much. They sprint, rip and roar, yes. Really intensely, but only <i>occasionally</i>.</p> <p>Intense exercise – to the point where you can't possibly do any more – sends a warning signal to your hormonal and muscular system that 'we need to adapt' – in case this 'threat to survival' happens again.</p> <p>Listening to music while you jog? When you exercise right, you shouldn't be <i>able</i> to listen to music!</p> <p>Put it this way. In nature, if you were running <i>all the time</i>, you would be low down on the food chain.</p> <p>Too much continuous over-exercise without rest raises stress cortisol levels, and therefore lowers T levels (and damages immunity).</p> <p>Think of exercise as medicine. (5) If your 'dose' is correct, you don't need to <i>keep</i> taking it. If you do, you will over-dose. Sprint and lift weights all out, by all means, but not too often. Live like the king of the beasts, not some frightened scampering prey who has to be running all the time.</p>
<p>Keep active</p>	<p><i>Exercise</i> by sprinting and lifting weights, but also keep active by <i>moving</i> around. Avoid sitting too much and walk whenever you can. Keep the blood flow moving.</p>

Rest-period	Having higher T levels means you'll have more energy and stamina, but remember the true benefits of exercise happen when you are <i>resting</i> . Don't gym crawl every day, you'll just deplete yourself. If you exercise right the first time, you don't have to (in fact won't be able to) exercise every day. But you can keep <i>active</i> .
Clean up your diet	Away with booze and artificial flavoring and fat producing processed carbs. Get plenty of zinc (eat those shell fish) and avoid sugar in all its hidden forms. After a sugar spike there is a testosterone <i>dip</i> of up to 25%. (6) Eat healthy saturated and monounsaturated fat. A low-fat high-fiber diet (official guidelines, don't you just love them!) has been shown to decrease testosterone levels. (7)
g et sun	And if you can't get sun, take Vitamin D supplements. Yep, the good old 'sunshine vitamin' positively correlates with T levels. (8)
Stand up straight, man!	When we look up and adopt an open body posture we increase T levels and <i>feel</i> more confident. So acting confident can make you genuinely more confident. Keeping your chin up can raise your man hormones. (9)
Change your attitude	Let her know who's boss – in a nice way, of course! Don't be pushed around for the sake of 'political correctness'. Women don't respect men who are a pushover, and acting 'low status' – paradoxically – can lower your T levels just as <i>acting</i> higher status can help increase T levels (see above).
Don't smoke	Unless you want your erections to be smaller and weaker. (If you need smoking to make you feel manly, you <i>ain't</i> manly, take it from me.)

Following these lifestyle ideas will help you raise your baseline T levels – making you feel happier, sexier and stronger! In short, lift weights, sprint all out occasionally, keep generally active but get proper rest and sleep, avoid too much booze or over training, eat well and hold your head up high.

And another thing...

The free article I've recommended at the end of this step ([How to increase libido](#)) will also tell you about an exercise you can do to firm and strengthen your erections.

Actually, because it's so important I am going to introduce it here too.

Exercise • The secret workout

Regularly working your pubococcygeus (PC) muscle – a powerful muscle that runs through your pelvis from your pubic bone to your coccyx at the base of your spine – strengthens your erections and helps increase sexual desire (in women too) and increase the intensity of your orgasm.

Imagine you are peeing and suddenly you make yourself stop in mid-flow. To do this, you need to tighten your PC muscle.

Practice **tightening the PC muscle** for a count of **5 seconds**, then releasing it. (Try it now!)

Do **20 repetitions/twice a day** and work up to **70 repetitions**.

You can do this anywhere, any time. When you are chatting to someone, watching TV, even driving.

It will take a few weeks, but you'll soon notice a wonderful difference and start feeling sexier as a result.

ASSIGNMENT 7

Increase libido

Download [Increase libido](#) and listen to your download

- every day
- at least once a day
- for 7 days
- or until you notice at least half of the progress indicators shown below

Progress indicators

- you start to notice more spontaneous erections
- you find yourself noticing attractive women more
- you feel more confident and outgoing
- you notice you feel ready for sex more quickly
- you are more sexually driven and want more of it

Supplementary material

Related downloads available to purchase

[Believe in yourself](#)

Achieve more, have less anxiety and be ready to grasp opportunities as they arise

Recommended FREE articles

[How to increase libido: 7 ways to help you fall back in lust](#)

Give this article your full attention – you won't regret it!

Really focus on the recommended article and enjoy listening to the download. And remember – so many of the choices you make affect your testosterone levels!

In Step 8 we'll be looking at emotional intimacy, how it can make sex better *and* how sex can make you more intimate with your partner.

All my best

Mark

Notes

- (1) This news made the headlines: [Germany's World Cup Baby Boom](#).
- (2) The stress hormone cortisol is heightened during depression (think of all the worry and fretting a depressed person engages in) and we know that cortisol suppresses testosterone. See: D. C. Cumming, M. E. Quigley and S. S. C. Yen, [Acute Suppression of Circulating Testosterone Levels by Cortisol in Men](#). *Journal of Clinical Endocrinology & Metabolism* September 1, 1983 vol. 57 no. 3 671-673.
- (3) See: [Low testosterone linked to Alzheimer's risk](#). WebMD Health News Oct 8, 2010.
- (4) See: [Testosterone – Less sleep means less](#). Published on June 9, 2011 by Matthew J. Edlund, M.D. in The Power of Rest blog on Psychology Today.
- (5) For a greater understanding of exercise as medicine see the [Body By Science](#) website.
- (6) See: [Blood-Sugar Spikes Send Testosterone Levels Down](#). Health and Fitness, 13 June 2009. AZCentral.com.
- (7) See: Wang, C. et al. [Low-fat high-fiber diet decreased serum and urine androgens in men](#). *Journal of Clinical Endocrinology and Metabolism*. 2005 Jun;90(6):3550-9. Plus, for a real sense of how to eat for health, acquaint yourself with [Mark's Daily Apple](#). (That's another Mark, not me.)
- (8) See: Wehr, E. et al. [Association of vitamin D status with serum androgen levels in men](#). *Clinical Endocrinology*. 2010 Aug;73(2):243-8.
- (9) See Frank Bures' article ['...and posture's effect on testosterone'](#) in *Scientific American*, August 30, 2010.

Libido – Progress Checker

Date: _____

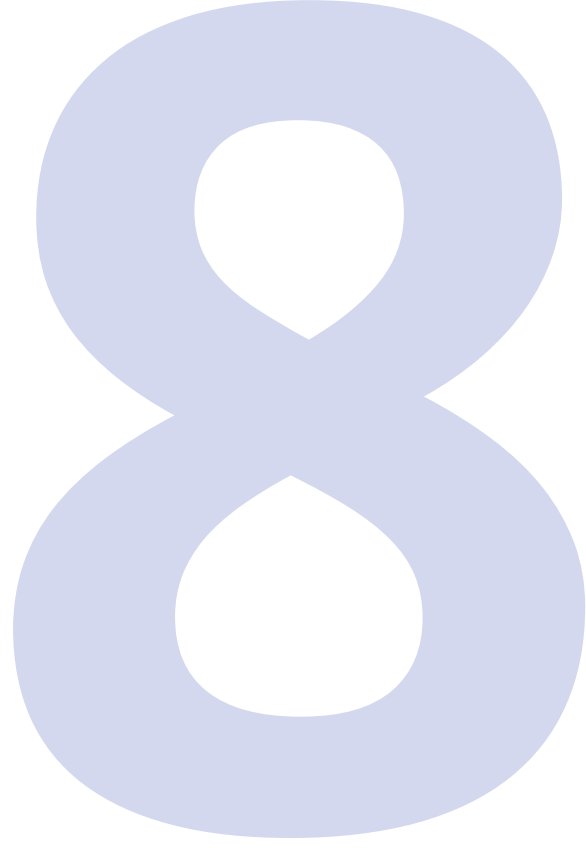
How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I find that I am having more spontaneous erections					
I notice attractive women more than before					
I am feeling more confident and outgoing					
I notice that I feel ready for sex more quickly					
My appetite for sex has increased					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I find that I am having more spontaneous erections					
I notice attractive women more than before					
I am feeling more confident and outgoing					
I notice that I feel ready for sex more quickly					
My appetite for sex has increased					

10 steps to sexual success for men

Mark Tyrrell



Emotional intimacy

Step 8

Emotional intimacy

Welcome to the eighth step of your **10 steps to sexual success for men** from Hypnosis Downloads.com!

ACTION POINT! Remember to fill in your **Progress Checker** before you start!



Sex is emotion in motion.

Mae West

It's been said (I think by the romantic author Barbara Cartland) that emotional intimacy, for women, sometimes leads to sex and that sex, for men, sometimes leads to emotional intimacy.

Some men may pretend emotional intimacy in order to get sex.

They might proclaim undying love and fake closeness just to 'score'. They have discovered that women respond to feeling valued and cared for, and so they do and say 'the right things' just to get laid. Then they might either

- find they come to *genuinely* care and feel emotionally entwined with the women – what was faked becomes real for them, or
- feel their work is done and move on to a new conquest.

Women on the receiving end of a Wham! Bam! Thank you ma'am! merchant can be left feeling bewildered when the man seems to completely lose interest after sleeping with her ("But he said he loved me!").

Of course we don't *have* to have emotional intimacy in order to have sex, but there's no doubt that sex with feeling, sex with connection and sex as a pathway to deeper love between two people is an infinitely more enriching experience.

Getting intimate

Sex with genuine emotional connection between partners can be a superlative experience. One of my clients told me: "I'd had sex many times before I met Kathy, and then I made *love* for the first time, and it was totally different!"

Emotional intimacy is having a real sense of a shared connection, seeing life through the same eyes, a mutual wanting of the best for one another, supporting and loving one another. This is possible even in brief relationships.

When you have true depth of feeling, true intimacy, you feel loved and accepted just as you are, 'warts and all'.

Intolerance is the supreme enemy of intimacy, but it is not the only thing that can block intimacy. Other things that can get in the way are

- lack of trust
- fear of rejection
- lack of experience and inability to recognize what is being offered
- seeing relationships as a game (and so being manipulative)
- not being really 'in to' your partner
- feeling too vulnerable to risk intimacy on account of abusive experiences in the past
- 'sexual hang ups' caused by past conditioning.

Sex and intimacy

But what if you have trouble feeling or expressing emotional intimacy? What if sex feels like little more than mutual masturbation?

There are things you can do to increase a sense of intimacy before you have sex – and after – that can deepen the closeness between you and your lover.

Lingering physical touch, actual sexual contact and orgasm, hugging and caressing all promote the production of oxytocin, 'the love hormone'. As well as being a natural pain killer, this hormone helps bond couples together. (1)

Women sometimes complain that men can be sexually cold and undemonstrative, unaffectionate or unromantic *outside* of sexual contact. If you know how to foster a sense of mutual intimacy through how you relate to your woman and how you have sex with her, then your relationship (and your sex life *within* that relationship) will improve magnificently.

So what can you do to increase emotional intimacy and thereby improve both sex and the whole relationship?

Enjoy great... conversation

Now this might not sound too sexy at first, but hold your horses!

Studies have found that great conversation ‘couples the brain’. Communication researchers discovered that when people are engaged in compelling conversation, the brains of both ‘speakers’ and ‘listeners’ become synchronized in a kind of ‘neural coupling’, making for much greater feelings of intimacy (and paving the way for great sex, no doubt). (2)

This ‘mind meld’ through conversation can help make for better bedroom coupling because, for many women, sex feels more like a natural follow-on to feeling more intimate. So conversation and the words we use can be a kind of ‘word foreplay’.

Talk to your woman, and really *listen* to her, and this will help foster intimacy between you. And don’t wait till you get to the bedroom to start. How you relate *outside* the bedroom will have a huge influence on what happens *inside* the bedroom.

Be tactile – and not just for sex

Some people can be quite ‘clinical’ when it comes to sex. It’s as if sex is an entirely compartmentalized, shut off aspect of their lives. They may confine *all* the touching, stroking, caressing and hugging they do to sexual encounters, and not be tactile at all with their partner at other times.

A partner who enjoys physical closeness could be put off somewhat if you are like this. The answer isn’t necessarily to smother her with hugs and kisses all day long, but to be physically affectionate from time to time throughout the day.

It’s been found that, for women, hugging a loved one (or even just seeing them) can reduce physical pain. (3) Not all physical contact is a lead up to sex, of course, or needs to be, but it all helps deepen intimacy.

Of course, too much ‘touchy feely’ can be as off-putting as too little. Everybody is different, and the best way to find out what works for you and your woman is to experiment, and to *ask*. Your *assumptions* could be wrong.

So hug, hold hands and flirt a little sometimes, and enjoy finding out!

Exercise • Talk, touch, look

Make a point of setting time aside specifically to develop intimacy with your lover.

Ask her to **talk to you** about her experiences, her feelings, her dreams. For example:

Tell me about the happiest day you've ever had.

How did you feel when you moved from X to Y?

What would you hope to be doing five years from now?

Share your experiences too.

Explore touch and gaze in different ways. For example:

Take her hand and examine it carefully and tenderly. Stroke the palm, the back of the hand, the fingers, **asking her what it feels like**, and what she enjoys (or doesn't) about it. Let her do the same for you. Keep it light, without sexual pressure. (There's a lot of her to explore, no need to do it all at once!)

Invite her to sit across a table from you and just **look into each other's eyes**. (Don't stare – a steady, loving gaze is very different from staring.) You can do this for about two minutes. Talk together about how it feels (many people find it a bit awkward at first, but come to love it).

These simple activities can really help bring lovers closer together.

Look your lover in the eyes during sex

Eye contact is a consequence of intimacy but it can also increase a sense of intimacy.

A 1989 study asked men and women to look into one another's eyes for two minutes. At the end of this time, they reported feeling warmer, more attracted to, and more valued by the person whose eyes they'd been gazing into. (4)

Apparently, many of the mutually eye-gazing couples even exchanged phone numbers after the research experiment, as compared to couples who were not asked to prolong eye contact.

So during sex, to make it even more intimate, maintain eye contact more. You are not just making love. You are making love to *her*.

Slow down, you move too fast

Sure, the passionate 'quickie' can be pretty sexy sometimes, but women tend to have a different sexual responsiveness rate to men. They tend to take a while longer to get in the mood and be physically ready for sex, and often just prefer sex to be more leisurely anyway, building slowly and getting more intense bit by bit. There's a reason why the Pointer Sisters' song 'I like a man with a slow hand' is so popular!

And as I've said above, if in doubt, why not ask her?

Like a wonderful meal that you don't want to rush precisely *because* it's so good, great sex can start by teasing and lingering and build up momentum as you both become more turned on. This gives 'sex' a chance to truly become 'making love'.

Seek to overcome sexual hang ups

A client of mine had a painful early memory of seeing his mother having sex with a stranger. That, and other distressing memories, had conditioned him to feel that all sex was 'dirty' and not something you could ever feel good about.

Another client had been brought up in a very strict religious household where he was shouted at and even hit if he ever mentioned anything even remotely sexual.

Both these clients had to re-negotiate their attitudes to sex.

A 'sexual hang up' doesn't mean not being in to a particular fetish. It's more to do with having a strong feeling that sex is 'wrong' or 'bad' in general somehow. All the downloads on this course will help you feel more comfortable and relaxed about sex as a natural and very enjoyable activity.

(If you have a fetish that interferes with having a normal sex life, you might choose to use the '[Overcome a sexual fetish](#)' download, although this is not a specific part of this course.)

Don't just roll over – it's not over yet!



The moments after lovemaking are perfect to strengthen emotional intimacy

There are few things more soul destroying than seeing the person you just made passionate love with instantly losing all sign of interest – either just rolling over, switching on the TV, or flicking through a magazine.

Oxytocin, the intimacy-building love hormone, peaks *after* sex. So if you hug and caress your lover, hold her close and talk to her perhaps, *after* sex, this will make a difference to your whole relationship.

Sometimes when women describe men as 'no good in bed', they mean that the man is no good *after* the actual sex. The 'after sex experience' is part of your overall lovemaking, and should not be neglected.

ASSIGNMENT 8

Emotional intimacy

Download [Develop emotional intimacy](#) and **listen** to your download

- **every** day
- **at least** once a day
- for **7** days
- or until you **notice at least half** of the progress indicators shown below

Progress indicators

- you feel more able to **express your emotions** in different ways
- you feel more **strongly connected** to your love interest (and she with you)
- you sense a greater **depth of feeling** when you think about and have sex
- you come to know what expressions like ‘the earth moved’ **really mean**

Supplementary material

Related downloads available to purchase

[Feel connected](#) Be more open to connecting with others

[Sexual fetish treatment](#) Get back in control and be free once more to channel your sexual energy without compulsions

Recommended FREE articles

[Increase emotional intimacy in relationships](#)

[The therapeutic nature of loving touch](#)

All the steps on this course combine to make up a whole – which is a sex life that is fantastic (with the right person, of course!). The ‘right person’ is someone who ‘fits’ with you on many levels, and the ‘physical level’ is pretty important.

In Step 9, Sexual enhancement, we’ll be looking at sexual technique and how to avoid premature ejaculation and greatly enhance the sexual experience.

Until then

All my best

Mark

Notes

- (1) See: Wikipedia entry on [Oxytocin](#).
- (2) See: Greg J. Stephens, Lauren J. Silbert and Uri Hasson, ‘[Speaker–listener neural coupling underlies successful communication](#)’, *Proceedings of the National Academy of Sciences*, August 10, 2010 vol. 107 no. 32 14425-14430.
- (3) See: ‘[How hugs can make you feel better](#)’. *The Telegraph*, 2 February 2011.
- (4) See: Joan Kellerman, James Lewis, James D. Laird, ‘[Looking and loving: The effects of mutual gaze on feelings of romantic love](#)’, *Journal of Research in Personality*, Volume 23, Issue 2, June 1989, Pages 145-161.

Emotional intimacy – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I'm comfortable expressing how I feel in different ways					
I sense a deeper connection with my partner					
When I think about sex, it affects me at a much deeper level					
I'm beginning to understand what all those love songs and poems really mean					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I'm comfortable expressing how I feel in different ways					
I sense a deeper connection with my partner					
When I think about sex, it affects me at a much deeper level					
I'm beginning to understand what all those love songs and poems really mean					

10 steps to sexual success for men

Mark Tyrrell



Sexual enhancement

Step 9

Sexual enhancement for men

Welcome to the ninth step of your **10 steps to sexual success for men** from Hypnosis Downloads.com!

ACTION POINT! Remember to fill in your **Progress Checker** before you start!



Anticipation makes the hard on longer.

Itsby Stevintary (a source that we were unable to verify, but the sentiment is spot on!)

There's more to it than meets the eye. Nigel, a former client and now an ex-premature ejaculator, recognized that it had impacted on him in more ways than one.

I swear that premature ejaculation was the cause of me losing more than one valuable relationship. Not just because I couldn't satisfy my partner, though that was part of it, but also because my insecurity over this problem drove my lovers away...

Nothing we do happens in isolation. Or, to put it another way, *everything* we do influences *others* as well as ourselves – even if the effect isn't always obvious at first.

For instance, it's worth bearing in mind that enhancing *your* sexual prowess will naturally have a knock-on benefit of greatly increasing your *woman's* sexual enjoyment. And then *her* increased enjoyment will feed back to more increased enjoyment for *you*. And so the happy feedback system continues.

But what if you come too soon? What if premature ejaculation leaves sex unsatisfying for both you and your partner? Is it even *possible* to prolong sex so that the pleasure intensifies?

And since I'm asking all these questions (and I think you've already guessed the answers to some of them!), what do we even mean by 'premature ejaculation'?

What is premature ejaculation?

Premature ejaculation can be defined as the inability to control your ejaculation and so reaching orgasm (coming) before you have fully satisfied your partner.

The average amount of time after penetration for a man to reach orgasm is around two minutes. Two minutes is not very long if we are really after prolonged pleasure. Especially if we bear in mind the corresponding average for women, which is about *thirteen* minutes.

This disparity in the averages leads many men to fear they must be afflicted with premature ejaculation when they are not. They are just normal. A genuine premature ejaculator may only last a couple of seconds.

Not being able to control ejaculation, or choose when to 'off load', can lead to embarrassment, humiliation and sometimes even a real dread of intimacy and sex. It can also be a contributory factor in relationship failure, on account of the stress it causes.

But learning how to control your ejaculation, or at least to greatly prolong the time before the moment you *choose* to lose control and come (not as paradoxical as it sounds), will both intensify pleasure and increase your self confidence no end.

Nature in the raw

Why does premature ejaculation happen?

In a word – 'procreation'.

Let's be blunt here. Nature *doesn't care* whether you have a beautiful, mind-blowing, earth-moving, tantric sex experience.

All that nature requires is for you to ejaculate the semen carrying your sperm (the male reproductive cells) and make sure it ends up in the womb of a female partner. If the timing is right, her ovaries will already have produced a nice ripe ovum (the female reproductive cell). The two will come together and result in a new individual. (If you don't want to bring about new individuals, be a man and use contraception. Don't leave it all to your partner.)

This process of implantation can be done pretty quickly.

So, although very speedy ejaculation isn't *ideal*, because

- there is some evidence that female orgasm can increase likelihood of insemination (1)
- you miss out on the greater loving feeling promoted by great sex
- you miss out on the extra oxytocin that can help bond a couple (and so help them rear offspring more effectively)

basically, the 'point' of sex is to ensure that the species reproduces. Which is pretty important, after all.

But who *personally* cares about the 'species'? You're an individual!

And, as we know, quite apart from any reproductive 'purpose', sex *can be* about

- making love
- reaching heights of exquisite pleasure
- bonding deeply with your partner.

Some say sex can even be a time of a kind of 'spiritual' union, where time and space seem to disappear as you enter a wonderful 'flow state' of mind and body.

Premature ejaculation stops all that. It can feel like it's over before it's begun.

Premature ejaculation can come about for different reasons. For example:

- early sexual experiences which are very 'rushed' can establish a pattern of over-speedy sexual response – a habit, in other words
- anxiety (mixed with excitement) can lead to a self-fulfilling fearful expectation – a vicious spiral gets set up
- this can then lead to alternating between premature ejaculation and inability to get an erection at all as the fear/over-excitement cycle in turn either stops erection or leads to over-excitement at the expense of slow build up.

So if premature ejaculation has plagued you (and your partner), or if you just want to last longer to intensify pleasure to the peaks of ecstasy, what are your options?

Common ways to improve control of sexual response

Mind and body are not just interlinked but pretty well indistinguishable in many ways. What you *feel* affects what you *think*, and what you *think* affects what you *feel*. Many men try to control their level of arousal by focusing their minds *away* from sex so as not to come until they wish to do so.

The idea is that you focus on the un-sexiest thoughts you can think of: football scores, the grumpy guy at work, how you're going to fix that rattle in the engine, whatever... This **distraction** method can often help you prolong the moment.



Distraction can help prolong your lovemaking – but it's not an ideal way of sharing the moment

However, even if it works, your partner in love is quite likely to notice the pained faraway look in your eyes as you conjure up images of tax forms (not sexy!) and misread it...

Who's your current squeeze?

Another popular approach is the **squeeze technique**. This is when pressure is applied to your perineum – the area midway between your scrotum and your anus (I'm really glad we're not having this conversation face to face).

Applying pressure on this point can help stop ejaculation, because this spot reaches through to the prostate gland. It is the prostate that contracts and expands during orgasm and then expels the ejaculation fluid.

Some men find they can apply pressure themselves during the crucial moment – although if your partner doesn't know this is your plan she might be a little bemused. If she *does* know, she might be happy to apply a little loving pressure for you.

Useful as distraction and squeezing can be in their way, they are not ideal...

A better way to last longer

When working with men who want to last longer – sometimes *much* longer – I prefer to appeal to their *unconscious* (sometimes known as ‘subconscious’) minds – the part of us that can naturally make changes to physical responsiveness.

One of the most intriguing things about life, in my opinion, is how making a change in one area of your life can bring about quite unexpected changes in another.

Here’s a case in point.

Meat and potatoes

The late great hypnotherapist Dr Milton Erickson had a couple come to see him about difficulties they were having in their sex life which they didn’t really want to talk about explicitly.

In – it must be said – a rather unusual approach, Erickson asked them how they liked to eat their *meals*.

The woman told him how she liked to ‘whet her appetite’ with tasty nibbles to begin with, how she liked to take her time and enjoy her meal, and then have a sweet dessert and take time over that too, not rushing it, perhaps finishing off with a cup of coffee.

The man, on the other hand, said that he just liked to dive straight in, and ‘get right to it’, going immediately for the main course, because he was a ‘meat and potatoes’ kind of a guy.

Erickson talked to them about compromise, about how they could both enjoy the meal more by taking time over it, and the man could enjoy his ‘meat and potatoes’ just as much, and even more, because they would reach that point *together*.

He then got them to plan a meal ‘from the soup to the nuts’, one they could *both* enjoy to the full. Then he told them to go home and organize that meal (I could get behind this task!).

They followed his instructions and had a great meal together. What they hadn’t expected (as it had not been obviously addressed during their encounter with Erickson) was that their sex life would improve so much! (2)

Life lived through metaphor

We all live much more through metaphor than we realize. A person who is ‘rushed’ in one area of life will find this approach reflected in other departments too.

Jason, who came to see me for help with premature ejaculation, described a life of rushing, of meeting deadlines, of everything having its brief 'window of opportunity'. He lived his life at such a pace that he just couldn't seem to slow down for anything, not even sex: "I'll come in about 10 seconds flat sometimes!" he complained.

It was time for Jason to slow right down and gain self control – at least in the sex department. He was surprised to find that learning to control his ejaculation was much easier than he had imagined.

Those PC exercises we were talking about in Step 7 will help the strength of your erections (and help your penis achieve its genetically potential size too) as well as helping you have more control over when you ejaculate.

But the real benefit will come in repeatedly listening to the download that accompanies this step.

Now let's look at improving the sexual experience by addressing actual sexual technique.

Slowly up and gather speed

The internet is, as I'm sure you won't have failed to notice, awash with porn.

Porn gives a completely unrealistic picture of sex. There is little or no 'story' – it's just people 'having sex'. We don't know how they met, what they are like, how much they are getting paid. There is no *context*. Which is why even the most brutally explicit sex you see online is *fantasy*. In these fantasies, women are always ready, willing and turned on for sex. And so, of course, are the male performers.

But in real life sex *always* happens in a context, and sexual interest builds over time.

Sexual response, particularly female sexual response, needs context and needs the time to build. There are many erogenous zones (areas sensitive to erotic stimulation) on a woman's body – and on yours too. What's more, many of these pleasure zones don't have the visual erotic appeal needed to sell porn, so you're unlikely to see much of them online. They are nonetheless important.

A touching journey around the female body

Touch is so important. And when we are close up with someone, our *smell* is important too. Your natural pheromones (chemicals your body exudes that influence how others respond to you) and other aromas (we're not talking BO here, and I trust you are looking after that side of things) can boost the passion, but you still have to give a woman a chance to become aroused – to be physically close to you. This is *all* 'making love', even if it doesn't all seem like sex from a porn point of view.

In fact, the bit of ‘sex’ a woman might be more likely remember may very well be the soft caresses, the intimate touching, before or after actual penetrative sex.

Men are primarily – though not exclusively – aroused by *touch* to the penis and testicles, and by what they *see* (this is why viewing porn tends to be more of a male preoccupation).

Women are turned on by *touch* all over the body and also by *sound*. Men’s voices are routinely voted a big turn on for women. (3)

So it’s simplistic, and often just plain wrong, to treat a woman sexually as if she responds just like a man.

Of course, there are individual preferences and different women, just like different men like different things. When you enter into a relationship, you need to *take time to discover what your lover really likes*. And – I can’t say this often enough – the very best way to do this is to *talk* to her, *ask* her, *listen* to what she says, and *act* on what you hear!

Meanwhile, here’s a general guide – a lingering, gentle, sexy guide – to what (many) women want.

What women want (but always check with your woman)

The lips of love	Kissing, both gentle and passionate, can release oxytocin – the ‘love hormone’ – and help get a woman (and you, of course) in the mood for sex.
Lend me your ear	The ear has plenty of nerve endings – kissing, a light touch of the fingers, nibbling and whispering into the ear can be extremely erotic.
A change is as good as a wrist	Surprising, maybe, but many women love having their wrists touched. Again, it’s an intimate area (think how women turn their wrists to you when being highly flirtatious). Gentle stroking of the wrist can be very arousing.
No mean feet	Gently massaging (not tickling) the feet can be both relaxing and arousing for women – so a bit of this may be a fine thing.
Neck and neck	The neck is actually a rather intimate area, probably because it’s quite a vulnerable place. Gently stroke or kiss the front of the neck a little (being careful not to tickle unless you mean to do so) and also the nape at the back, which is also very sensitive.
Behind the knees	Like the ear, the back of the knee has many nerve endings, so a little stroking here and there, perhaps just for a few moments, can add to and help build her passion.

The thighs have it	The inside of the thigh is highly sensitive to being touched, stroked, or licked. Take your time and gently brush the inside of the thigh as a prelude to more intimate touching.
Don't forget the behind	Some women like to have their buttocks stroked and caressed.
Breasts and nipples	This is possibly the most sensitive area after the vagina and clitoris. Nipples can feel extremely tender at different times of the menstrual cycle, so take care and be very gentle. But they are also very responsive to loving touch, and tongue flicking can be extremely arousing. Many women also like having their breasts gently squeezed and caressed.
Vagina and clitoris	<p>And of course at some point you can move on to gently stroking her between the thighs. Her clitoris can be gently stimulated using fingers or tongue. Don't apply too much pressure (because it can be extremely sensitive and have the opposite effect from what you are seeking), but skilled arousal of this intimate part of her can bring her to delightful orgasm.</p> <p>The so-called G-spot (whose actual existence is a controversial matter rather beyond us men) is thought to be about an inch inside the vagina, at the front. Some women respond to having this area stimulated by a finger.</p> <p>And when she is stimulated enough and 'wet' enough for it to be comfortable, then – when it feels right – it's time for full sex to begin.</p> <p>Don't worry, I won't be there offering you advice or directions!</p>

Now this is all very well as far as it goes (and I hope it's going to take you a long way), but there are some major caveats that you need to keep in mind.

<p>Pay attention to feedback as you go</p>	<p>Not written feedback, and not necessarily verbal feedback either (although hopefully she will tell you what she likes or doesn't like, and she's more likely to do that if you <i>ask</i>).</p> <p>It will usually be quite easy to tell if she is enjoying your attentions from the sounds of pleasure she makes and from other physical, non-verbal feedback.</p> <p>If she seems to be enjoying something you are doing, then you might want to do it a little more. If she seems to be stiffening up, or looks as if she's in pain... mmmm... might be time to move on to something else.</p> <p>Don't keep on and on at some part of her as if <i>she</i> isn't there. She's not a blow-up doll. <i>Respond</i> to her and it will soon be pretty clear how to make love to her. Which – for some women, on some occasions – may include fast and furious sex with little of the above foreplay ideas. But you can only know that by 'taking feedback'.</p>
<p>No sex 'by numbers'</p>	<p>The list above isn't a set of instructions for you to work your way through. These are <i>ideas</i> you can try, and not necessarily in the order given here.</p> <p>Women differ in their responses and their preferences, so remember sex is a process of <i>mutual exploration</i>. You need to <i>discover</i> what she enjoys.</p> <p>Some women will like stuff that isn't even on that list, and some may not enjoy being touched on the buttocks or having their feet massaged or their ear caressed. Don't assume there is a magic button that you need to keep pressing over and over if it doesn't 'work' straight away. Take you time and <i>explore</i>.</p> <p>But remember, if you can master foreplay you may very well become the best lover she'll ever have (yes, I know, it's not a competition – but still!)</p>
<p>It's not all down to you</p>	<p>It's you two (I'm assuming just two) making love <i>together</i>.</p> <p>It's easy to feel, because so much male pride is invested in sexual prowess, that's it all down to you. But a woman is making love to <i>you</i> just as much as you are making love to <i>her</i>.</p> <p>If sparks don't fly it's not necessarily your 'fault'. Some of this is down to <i>her</i>.</p>

DO NOT assume she's into kinky stuff

Of course, some women do like all kinds of kinky stuff as well as the simple, good old-fashioned pleasuring tips I've given you above. But it's NEVER a good idea to *assume* that she'll be into anal sex or being spanked or dressing up as fruit blancmange.

She *might* be, and that may be something you discover later down the line, but however 'up for it' she seems, be 'gentlemanly' when you make love to her.

Most women need to feel trustful and relaxed in order to feel sexual. You are making love, not 'taking liberties'.

For women, sex is all about the atmosphere, setting the scene and 'enjoying the meal'. Porn sex isn't 'making love'. It's 'just sex' (and not real, even then...).

ASSIGNMENT 9

Sexual enhancement

Download [Sexual enhancement – Last Longer](#) and listen to your download

- every day
- at least once a day
- for 7 days
- or until you notice at least half of the progress indicators shown below

Progress indicators

- you feel much more relaxed about the 'pace' of sex
- you are comfortable about taking your time
- you feel confident you can last just about as long as you choose
- you feel able to pleasure your partner completely
- you can increase and prolong your own pleasure too

Supplementary material

Related downloads available to purchase

[Don't be shy when naked](#)

Feel calm and relaxed however little you're wearing in front of your lover

Recommended FREE articles

[How to stop premature ejaculation](#)

[Male sexual enhancement](#) (Familiar territory to you now, but worth a recap!)

Once again we've covered an awful lot of ground in this step. It's very important to get the hang of all this, so do give yourself plenty of time to absorb everything and make it really part of who you are. Reread your material carefully, and listen to your download repeatedly.

In the next step (last one!) we're addressing your sense of being a man. Just as women like to 'feel feminine' to feel more sexual so, too, us guys like to feel like, well... men! It sounds simple, but there's a whole heap of emasculating influences out there which can affect you even without you knowing it. And that can certainly have an impact on your sex life.

So until then

All my best

Mark

Notes

- (1) See: R.Robin Baker, Mark A. Bellis, [Human sperm competition: ejaculate manipulation by females and a function for the female orgasm](#), *Animal Behaviour*, Volume 46, Issue 5, November 1993, Pages 887-909. There are other references in Sadie F. Dingfelder's article [Understanding Orgasm](#). *APA Monitor*, April 2011, Vol 42, No. 4)
- (2) Described by Jay Haley in his book *Jay Haley on Milton H. Erickson*, Routledge (1999).
- (3) Reported in *Digital Journal*, September 13, 2011: [Study: Deep male voices attract women](#).

Sexual enhancement – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I don't worry about how fast or slow a sexual encounter is					
I feel comfortable taking my time with sex					
I am more confident that I can last as long as I want					
I believe I can give my partner a lot of sexual pleasure					
I can have more pleasure for longer					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I don't worry about how fast or slow a sexual encounter is					
I feel comfortable taking my time with sex					
I am more confident that I can last as long as I want					
I believe I can give my partner a lot of sexual pleasure					
I can have more pleasure for longer					

10 steps to sexual success for men

Mark Tyrrell

10

Be manly

Step 10

Be manly

Welcome to the tenth (and final!) step of your **10 steps to sexual success for men** from Hypnosis Downloads.com!

ACTION POINT! Remember to fill in your **Progress Checker** before you start!



*Real men are sadly lacking in this world,
for when they are put to the test they prove
worthless.*

Franz Liszt

We're aiming for a short sweet finish here (and no, this is not a sexual joke)!

How good (or bad) the sex is within a relationship is pretty closely correlated with how good (or bad) a state that relationship is in. If a guy feels totally disrespected by his woman, and she feels total contempt for him, it's not *impossible* for them to have great sex. But it's far less likely to be the case.

In the article [How to be a more manly man](#) recommended for this step (and I really recommend you read it!) I've looked closely at what we men need to do to reclaim our true masculine role without turning into hateful 'chauvinist pigs'. And we need to do this, because if you become hen-pecked, if you're always worrying about upsetting people, if you generally behave like a beta rather than an alpha male, you are quite likely (there's no getting away from it) to get less sex.

Research has found that women are more attracted to men who are ready to take risks or are otherwise brave rather than men who are reluctant to take any risk at all (1) (so make sure you read the second article I've recommended, [Fortune favors the brave – and so does dating](#)).

Masculinity has taken something of a knock in recent years. Men have been encouraged to be caring, sharing and gentle – qualities traditionally associated with females. It's even become a bit of a taboo to discuss male/female differences.

Of course, men can and should be caring, sharing and gentle – but in masculine ways. Women respond to confident, brave, relaxed men who are assertive and self disciplined. Women like masculine men (see [Why it's vital to relax around women if you want them to find you attractive](#)).

But what does it really *mean* to be 'manly'?

Man, oh man!

You don't have to love sports, beer drinking or sexist jokes in order to be masculine and project that 'manliness'.



Mainly men take (intelligent) risks

You should definitely not be a bully, or an insensitive cad. You don't have to be tall, or rippling with muscle from top to toe. You don't need to be hung like a horse. You don't need to have 20 women on the go at once.

There are some very hollow stereotypes out there as to what it means to be a man.

Take the bull by the horns – but don't take bull

Masculine traits that women actually admire (and admiration is more of an aphrodisiac for women than liking) include:

- **assertiveness** – but not obnoxious displays of intimidation
- **knowing your own mind** – and being prepared to say it
- **adventurousness** – being ready to take risks (and the consequences)
- **refusal to be pushed** over your limit – not even by this woman
- **self control** and self discipline
- **sensitivity** – without being too concerned what others think
- ability to **take adversity** on the chin – but not be defeatist
- **pride** in your capacities – without boastfulness
- social **confidence**.

Exercise • Be more of a man

Go through the qualities listed above, and ask yourself “When have I been **most aware** of this quality in myself?”

What were you **doing** at the time?

How were you **relating** to people around you?

What **helped** you to develop that quality?

What **made it difficult** to express that quality?

What steps can you take to **have more of that quality** in your life right now?

If one or more of these qualities seems to be completely absent in your life, consider what you can do to **develop that quality**.

The hypnosis downloads you have been and are using on this course will all help you feel more masculine in your daily life, because they are designed to raise your confidence and lower your stress levels. And we know women are more attracted to men with lower cortisol levels. (2)

I already mentioned that being manly isn't necessarily about beer or football. You can be a perfectly manly man if you love opera, dance, flowers, fine wines and poetry – and are not *afraid* of liking these things.

What makes you manly is how well you handle your fears, not whether you'd rather listen to an aria than a pop song.

So get on and like what you like, because being too concerned with wanting to be how others expect you to be *isn't* manly. Manliness is partly about your testosterone levels, your confidence and your willingness to be who you are, to be 'your own man'.

And what about being manly in a sexual sense?

How are you? Who are you?

On the physical level, it has to be said that a lot of men don't even *look* like men. They have man boobs ('moobs', as they've come to be called). They don't keep fit. They don't watch their diet. They drink too much booze – which depletes testosterone and feminizes you and eventually blows your gut up like a balloon.

I'm not suggesting you should be an obsessive fitness freak, or worry too much about what you see in the mirror. However, a little looking after yourself not only increases your confidence (which is definitely sexy), it also makes you more traditionally masculine, both to hold and to *behold*.

And it shows that you have that most masculine of traits, self discipline.

Being manly in bed isn't about trying to dominate a woman into bed, or forcing anything – that's just bullying. But you can be confident in your touch, you can kiss her first (at least some of the time), rather than waiting for her to come up with sexual ideas. You can be sensitive and responsive to what *she* likes, and be prepared to ask for what *you* like. You can take responsibility for what you are doing, and make sure that you use appropriate contraception and keep both yourself and your partner sexually safe, whatever adventures you engage in together.

And remember, to be manly *in bed* for your woman, you have to be manly *out of bed* for her.

This means you don't whine, you don't whinge, you don't let yourself get too negative and you stay willing to try things, take risks and learn.

Although looking after yourself well physically is a good idea, as I've said above, your physical appearance matters far less than your attitude.

Have you got what it takes to be a man?

ASSIGNMENT 10

Be manly

Download [Manly man](#) and listen to your download

- every day
- at least once a day
- for 7 days
- or until you notice at least half of the progress indicators shown below

Progress indicators

- you feel more confident in your daily life
- you feel more able to take a stand and make your point
- you notice that women are starting to pay you more attention
- women seem more attracted to you
- you feel like a man more of the time

Supplementary material

Related downloads available to purchase

[Stop being too nice](#)

You can be too nice for your own good. Fortunately, you can stop that and be just as nice as you actually choose.

[Be competitive](#)

Champion your own ideas and be more forceful and driven to succeed.

Recommended FREE articles

[How to be a more manly man](#)

[Fortune favors the brave \(and so does dating\)](#)

[7 common relationship mistakes](#)

And now you are there, you've done it, you've arrived!

But in a way you've only just begun. All these steps will always be here for you to reread, and the more you retrace your steps the more familiar the path becomes – it becomes *your* path.

Listen to your hypnosis downloads, re-read your material – and enjoy sex for the rest of your life 😊

All my best

Mark

Notes

- (1) See: Susan Kelly and R. I. M. Dunbar, [Who dares, wins: Heroism versus altruism in women's mate choice](#). *Human Nature* Volume 12, Number 2 (2001), 89-105.
- (2) See: Moore et al, [Cues to sex- and stress-hormones in the human male face: functions of glucocorticoids in the immunocompetence handicap hypothesis](#). *Hormones and Behaviour*. 2011 Aug;60(3):269-74.

Manly man – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am feeling more generally confident in my day to day life					
I can speak out and say what I think when necessary					
I notice that women seem to pay me more attention					
I notice more women being attracted to me					
I am more conscious of feeling like a real man more of the time					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am feeling more generally confident in my day to day life					
I can speak out and say what I think when necessary					
I notice that women seem to pay me more attention					
I notice more women being attracted to me					
I am conscious of feeling like a real man more of the time					

10 steps to sexual success for men

Mark Tyrrell

Progress Checkers

Fear of failure – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I get why it matters to focus on process rather than outcome					
I am really curious about what will happen as I do this more and more					
I find it easier to stay focused on what is happening right now when I'm doing something important					
I don't worry so much about 'failing'					
I can really see that success and failure are relative					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I get why it matters to focus on process rather than outcome					
I am really curious about what will happen as I do this more and more					
I find it easier to stay focused on what is happening right now when I'm doing something important					
I don't worry so much about 'failing'					
I can really see that success and failure are relative					

All-or-nothing thinking – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I notice when I take a very black-and-white stance on things					
I notice other people getting into all-or-nothing modes of thinking					
I can challenge and question unhelpful ways of thinking					
I can see more than one side to things, and be more flexible in my thinking					
I'm no longer so much influenced by rigid sexual myths					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I notice when I take a very black-and-white stance on things					
I notice other people getting into all-or-nothing modes of thinking					
I can challenge and question unhelpful ways of thinking					
I can see more than one side to things, and be more flexible in my thinking					
I'm no longer so much influenced by rigid sexual myths					

Fear of rejection – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I no longer see rejection in such stark terms					
I don't get worked up about whether my partner might not like something					
I understand that acceptance and rejection are relative, like success and failure					
I feel I can just be myself					
I can keep my attention on what I <i>want</i> to happen rather than on what I don't want					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I no longer see rejection in such stark terms					
I don't get worked up about whether my partner might not like something					
I understand that acceptance and rejection are relative, like success and failure					
I feel I can just be myself					
I can keep my attention on what I <i>want</i> to happen rather than on what I don't want					

Sexual performance anxiety – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
Sex doesn't feel like a performance to me					
I treat sex as something I do <i>with</i> a partner, and whether it goes well is not all down to me					
I am more aware of the power balance between me and my partner					
I don't see sex as any kind of measure of my worth					
I feel quite confident in myself					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
Sex doesn't feel like a performance to me					
I treat sex as something I do <i>with</i> a partner, and whether it goes well is not all down to me					
I am more aware of the power balance between me and my partner					
I don't see sex as any kind of measure of my worth					
I feel quite confident in myself					

Stress and tension – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am feeling more relaxed in my life generally					
I notice that I feel healthier and have more energy					
I am sleeping better					
I am cutting the stress more effectively					
I feel I've got time and energy to do more fun things					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am feeling more relaxed in my life generally					
I notice that I feel healthier and have more energy					
I am sleeping better					
I am cutting the stress more effectively					
I feel I've got time and energy to do more fun things					

Cure impotence – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am relaxed about the prospect of having sex					
Instead of worrying what might go wrong, I fantasize about it all going well					
I am not so bothered about whether I will get an erection					
I can be more spontaneous during a sexual encounter					
I am enjoying sex much more					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am relaxed about the prospect of having sex					
Instead of worrying what might go wrong, I fantasize about it all going well					
I am not so bothered about whether I will get an erection					
I can be more spontaneous during a sexual encounter					
I am enjoying sex much more					

Libido – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I find that I am having more spontaneous erections					
I notice attractive women more than before					
I am feeling more confident and outgoing					
I notice that I feel ready for sex more quickly					
My appetite for sex has increased					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I find that I am having more spontaneous erections					
I notice attractive women more than before					
I am feeling more confident and outgoing					
I notice that I feel ready for sex more quickly					
My appetite for sex has increased					

Emotional intimacy – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I'm comfortable expressing how I feel in different ways					
I sense a deeper connection with my partner					
When I think about sex, it affects me at a much deeper level					
I'm beginning to understand what all those love songs and poems really mean					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I'm comfortable expressing how I feel in different ways					
I sense a deeper connection with my partner					
When I think about sex, it affects me at a much deeper level					
I'm beginning to understand what all those love songs and poems really mean					

Sexual enhancement – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I don't worry about how fast or slow a sexual encounter is					
I feel comfortable taking my time with sex					
I am more confident that I can last as long as I want					
I believe I can give my partner a lot of sexual pleasure					
I can have more pleasure for longer					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I don't worry about how fast or slow a sexual encounter is					
I feel comfortable taking my time with sex					
I am more confident that I can last as long as I want					
I believe I can give my partner a lot of sexual pleasure					
I can have more pleasure for longer					

Manly man – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am feeling more generally confident in my day to day life					
I can speak out and say what I think when necessary					
I notice that women seem to pay me more attention					
I notice more women being attracted to me					
I am more conscious of feeling like a real man more of the time					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am feeling more generally confident in my day to day life					
I can speak out and say what I think when necessary					
I notice that women seem to pay me more attention					
I notice more women being attracted to me					
I am conscious of feeling like a real man more of the time					