

# Erectile Dysfunction, Performance Anxiety & Orgasmic Dysfunction

*Erectile Dysfunction , Performance Anxiety & Orgasmic Dysfunction*

*Often we receive messages from our followers who have found it difficult and in some situations almost impossible to either stay hard or climax whilst engaging in the LS. There is often a thought that there is something wrong and the individual won't be suited to the LS, this is untrue and we wanted to talk about this subject more as there seems to be a stigma or mentality attached to this that is very negative, however this is actually a common issue and its one that we have faced personally, so let's try take a deeper look into what's going on.*

*Erectile or Orgasmic issues can occur even during intercourse with a long term partner, so there should be no surprise that they may occur when you put yourself in a socially less accepted situation.*

*Psychological Erectile Dysfunction or Performance Anxiety, is extremely common in the swinging lifestyle and can affect both men (ED) and women (OD), the inability to get it up or reach climax it is often caused by over stimulation or mental overload, remember for most of us the swinging lifestyle has always been taboo, the old way of thinking of having one partner for life and being monogamous is something a lot of us grew up with , so by putting yourself in a situation that contradicts those engrained beliefs even if they are no longer your own can still have a psychological effect which impacts certain body parts.*

*It can also stem from just being overwhelmed with what lays in front of you, think of it from a different perspective, you have just waited excitedly inline at the amusement park for one hr only to get to the gate and that excitement turns to fear or your mind starts thinking about everything that could go wrong etc, it's not that you don't want to jump on the ride , its just we need to get that confidence back that this is ok and its actually going to be a good experience.*

*We often go into swinging with a preconceived idea that often is influenced by outside sources such as pornography, watching and fantasizing about group sex or partner swapping is a extreme turn on and in a lot of cases is why we seek out a change in our lifestyle, however when you are actually confronted with the situation you might find that not everything works as planned no different to the amusement ride.*



There are several causes and dependant on what the cause is depends on how you move forward,

Common causes.

**Self Confidence** – Often our Self-confidence can create a massive barrier when in the lifestyle this can be as simple as , poor reflection on appearance , concern about am I to small (especially when confronted with a larger appendage), am I too fat, are my lips to big, Its amazing just how much our mind can wonder especially when you are in the swingers lifestyle and are confronted with someone you see as physically more appealing to your own reflection. Try to remember you are beautiful, even though you might not see it others around you do! Remember don't judge yourself on the numbers on the scale, judge yourself with the person you are and the impact you have on others as that's real beauty, what you have now is what you are working with , its time to show yourself more appreciation for everything you offer.

**Couple Insecurities** – Unfortunately there are occasions where these issues arise because we don't have full faith in the foundations of our relationship, going in with concerns of cheating or insecurity in the relationship will often trigger a physical response, remember if this is the issue you need to communicate and work on your relationship fist, Swinging should never be used to save a relationship and we would suggest that you don't engage in the LS if there is concerns or insecurities in your relationship.

**Unknown Expectations** – Often the fear of the unknown plays a part in experiencing these issues, whilst you can never play out a scenario to the tee, try doing some research or chat with your partner to get some idea of what you are looking for should a situation arise and most importantly don't be afraid to take it slow, give yourself time to process what is happening.

**Nervousness**- There is nothing wrong with being shy/nervous, it is a natural response for most people especially when we are confronted with a unfamiliar situation, take your time, try to relax and only focus on one thing at a time.

**Fantasy vs Reality** – This one is huge! A lot of times we enter the lifestyle with a pre conceived expectation based on what we have watched, read or listened to, and whilst the idea and image of what you are looking to do initially turns you on when confronted with it in real life it can be to much, remember not all fantasy are meant to come true and often fantasy are unachievable, if you find yourself in this situation stop, take a breath and give yourself time to process the new information your brain is sending to you.

**Medical Issue** – In some cases you may find that there is an underlying medical condition that is contributing to this issue, don't be afraid to chat to your doctor and seek professional support, in most case these issues can be easily rectified with medication or mental preparedness so chat to your local doctor and get it sorted.



So what are some ways to try combat it?

**Give yourself permission to be soft or not reach climax!** - I know this probably sounds weird, but I have engaged with a lot of people giving this advice and believe me just taking this simple approach allows you to firstly accept what's happening and start the process of being ok with it,

**Exercise-** your physical level of fitness can significantly impact your ability to function on all levels, simply exercising helps not only our physical health but importantly our mental health.

**Hydrate-** Yes dehydration is real and will put a stop to most things, you need to make sure you are properly hydrating before the event, even in the days leading up to it.

**Alcohol & Drugs-** Avoid consuming too much alcohol, yes I am serious, alcohol is often the number 1 cause of Ed or OD in the lifestyle, pace yourself and make sure you aren't killing your nerves by killing your libido.

**Supplements** - There are a range of supplements available online and in most adult shops, these supplements are from natural herbs and plants, plants and herbs have been used for centuries as a natural medicine, don't dismiss what has been around for longer than you and I do some research or head to your local adult store to see what's available. Word of warning these supplements can affect people differently they may work or they may not you have to try to find out, the biggest thing we recommend is drinking plenty of water as they increase blood flow and dehydrate you as a result so if you are not well hydrated you may get a headache.

**Medication-** In consultation with your doctor or psychiatrist there may be an additional need to take a medication like Viagra make sure you follow the doctors' directions and only use as prescribed.

**Take a breath** - If you are in the middle of the situation and things aren't going to plan, take a breath, and have a break, sit back and watch or grab a glass of water, don't keep doing the same thing expecting a different result, the more pressure you put on yourself the less likely you will achieve what you want in this circumstance. Plus just sitting back and watching can increase your stimulation and help with switching your mind to something positive.

**Marital Aids** - Yes using toys to help you, a vibrator on your balls or shaft can significantly increase blood flow, a vibrator can assist you climax, don't be afraid to use marital aids



**More than one!** – Remember that when it comes to reaching orgasms there is more than one type of orgasm, by learning the different types of orgasms you can achieve your goals of pleasure and broaden your horizons and learn that its not all about the D in the V. There is currently 14 know different ways to orgasm and some need no penetration at all, so enjoy mastering your skills, there is always more than one way to do things.

**COMMUNICATION, COMMUNICATION** – Yes, I said it twice!! Communication is often the first step we need to take, communicate with your partner, communicate with the couple or individual you are playing with, bottling up your frustrations and anxieties are not going to help you enjoy great sex! Get out of your own head, allow yourself the opportunity to overcome it by talking to others, reach out to a LS. Friendly psychologist or talk to a supportive group. Reach out to a LS community online, or message our page. Don't stop talking, don't think your alone & Never give up. Debrief with your partner afterwards or if you don't have someone reach out in a group like ours, as I promise you are not alone.

The main thing to remember is the more pressure you put on yourself to perform the less likely you will achieve your desired outcome.

This information has been bought to you by Open Door QLD, please feel free to use and distribute this resource to our lifestyle, together we can shine the light on our beautiful Lifestyle.

