What Causes Premature Ejaculation?

Matt Gorden’s secret for lasting longer in bed. “I was able to go from 3-4 minutes to just under an hour on my first attempt”!

Here’s what causes premature ejaculation, and why some guys have it and others don’t. (You may want to read “What Is Premature Ejaculation” first, just to make sure we’re on the same page.)

Although it was long believed that the causes of premature ejaculation are purely psychological, the latest research says that biological factors are equally important.

So, here are the 14 things that are known to cause premature ejaculation:

- Genes
- Certain medical conditions
- Certain drugs
- Nervous system
- Hormones
- Stress
- Performance anxiety
- Conditioning
- Upbringing
- Trauma
- Relationship issues
- Lack of sensory awareness
- Certain situations
- Risk factors

Let’s take a closer look...

Genes
Sex researchers have long suspected that genes play the key role when it comes to premature ejaculation.

One of the theories is “the survival of the fastest”.

Here’s what Mark Jeffrey Noble, M.D. (a consultant to the Cleveland Clinic Glickman Urological Institute) says:
“One might find some logical sense, from an evolutionary point of view, to the idea that males who can ejaculate rapidly would be more likely to succeed in fertilizing a female than those males who require prolonged stimulation to reach climax.”

This is about our caveman days, because little, if any, evolution happened over the last 5000 years.

Back in those days, the man who doesn’t get the job quickly might be pushed away, or even killed by another man because of his vulnerability during intercourse.

Another idea is that, from functional point of view, the original purpose of ejaculation is making babies.

Having this in mind, you could say that coming quickly doesn’t make you disordered at all, but rather, simply efficient. The only exception to this would be very rare cases of PE, where ejaculation happens before the penis enters the vagina.

**Certain Medical Conditions**

Sometimes premature ejaculation occurs as the result of another medical condition, such as impotence (erectile dysfunction / ED), and infection of prostate gland (prostatitis).

In case of impotence, the cause of PE is actually psychological in its nature. Here’s how it works...

**If you’re worried about losing your erection, that may create a feeling of “need to get it done” before you lose your erection. This way, you may create a habit of rushing through the sex, and train yourself to come quickly.**

Impotence itself usually can be cured with Viagra or Cialis, for example. PE usually goes away in this cases.

However, sometimes the habit of rushing and coming quickly is still there, after you solved your problem with erection. In that case, you’ll need to re-train yourself.

If the cause of PE is the infection of prostate gland (prostatitis), the treatment can be simple and swift.

Perhaps the following case from the Journal of Sex & Marital Therapy is the best illustration...

“One Anthony Jerome Brown, a New York social worker, was counseling a 31-year-old man. The man told Brown he had the prostatitis, and had been given the antibiotic Cipro by his physician. What he hadn’t told to his physician, but did tell to Brown, was that he also suffered from premature ejaculation. After taking the antibiotic two times a day, for a month, his 3-year old problem with PE was gone.”

**Drugs**

This doesn’t happen often, but some medications and narcotics can cause premature ejaculation.

For example drugs known in medical circles as psychotropics.
These drugs affect chemical messengers in your brain. They can make your nervous system extremely sensitive, which in turn can cause premature ejaculation.

However, when the drug is withdrawn, PE goes away.

PE also can be caused by a withdrawal from certain medications.

For example, withdrawal from a drug called trifluoperazine (Stelazine) can cause premature ejaculation. (This medication is used to treat anxiety and some other mental health problems.)

**Nervous System**

If your nervous system is damaged or oversensitive, this also may be the cause of your premature ejaculation.

Nervous system damages can be a result of a previous surgery or an injury in your groin area.

Or maybe your nervous system is simply oversensitive. This may due to hyperactivity of the pelvic muscles (see illustration below). Some research on this has been done back in early 1990s, but it hasn’t been fully tested and proved.

In some cases abnormal levels of certain hormones is what causes premature ejaculation.

For example thyroid hormones.

These hormones are produced by the thyroid gland, which is located in your neck. And this gland is responsible for controlling your metabolism and growth.

Doctors discovered that a lot of men with thyroid hormone problems also suffer from premature ejaculation.

In fact, about 50% of all men with high levels of thyroid hormone suffer from secondary premature ejaculation. This condition is known as hyperthyroidism.

However, in most of these cases, premature ejaculation goes away as the level of thyroid hormone is normalized.

Also, hyperthyroidism causes only the secondary PE. There seems to be no
connection between primary (lifelong) PE and this hormone.

**Stress**
Stress is the enemy of pleasure and can be responsible for causing premature ejaculation.

Emotional or mental strain in any area of your life often limits your ability to relax and enjoy the sex.

Stress comes in many forms and any of them can cause PE. Problems and worries about your health, money, relationships, or other things that make you worried and strained are likely to trigger PE.

Stress can also cause depression which often makes PE even worse and more difficult to bear.

**Performance Anxiety**
Basically, performance anxiety is another form of stress, but it deserves special attention.

Here’s why...

We’re a macho society. A lot of men feel pressure to perform in a studly manner. And if they fail to do so, they feel like less of a man.

Psychiatrists believe that pressure to perform and over-concern about pleasing your partner is rooted in fear of rejection.

Thinking that you’ll only disappoint her (again), not only increases the chance to come quickly, but it’s also a mood killer and it often results in avoiding sex altogether.

Lack of sex will almost certainly spoil any relationship. And further worsen your problem with PE.

Worrying about coming too soon often becomes a self-fulfilling prophecy.

**Conditioning**
Many sex experts believe that premature ejaculation can be caused by what they call the “early conditioning”.

Here’s how it works...

When you’re a teenager a sense of urgency is usually present in your sex life.

Whether you’re masturbating in parent’s house or dormitory, or having sex in the back seat of a car while parked in Lover’s Lane, darkened theaters, or football stadiums, the sense of urgency is usually there.

So, you rush to get it over with quickly to avoid being caught. And that’s how you basically conditioned yourself to come quickly.

And, as we all know, old habits die hard. This habit of coming quickly continues on after in your life, even though there’s no more need to rush.

Some surveys revealed that not all men who suffer from PE had rushed early sexual experiences.

Also, there’s another point to consider here.
Trying to reach an orgasm as quickly as possible while you’re masturbating is natural. Not just because you’re afraid of being caught with your pants down, but also because it simply makes no sense to tantalize yourself for half an hour or more, when it can be done within minutes.

As a rule, every man’s sex life starts with masturbation. Unlike penetrating the vagina, masturbation strokes don’t provide enough pleasure to be rewarding in itself. Thus, the goal is to reach an orgasm, rather than enjoy the process.

You basically had no need to last longer.

Later on, in mature sex life, the habit of coming quickly is still there and it’s difficult to break.

But now, the penetration itself is pleasurable, and you have your partner’s orgasm in mind as well... so coming quickly becomes a problem.

**Upbringing**
If you grew up in a family that considered sex dirty or sinful, or inappropriate before marriage, you may have developed guilty feelings that increase your tendency to rush through sex.

If you regard sex as something wrong, or sinful, you’ll almost certainly find it difficult to relax and enjoy it. And this is what causes premature ejaculation.

You’ll tend to “get it over and done with”. It is important to note that you may be doing this unconsciously. You may not be aware you’re doing it.

Woman may have the same feelings, which will probably make you rush even more.

**Trauma**
If you had some psychological traumas earlier in your life, that may be the cause of your premature ejaculation.

These traumatic experiences can be anything from being caught while masturbating, to more serious incidents, such as sexual abuse.

Examples may include, child molestation, family incest, sexual assault, rape, conflict with one or both of your parents... or other serious traumas and negative sexual experiences.

**Relationship Issues**
Unresolved issues in a relationship can cause premature ejaculation.

Although we often underestimated it, emotional well-being and relationship harmony play vital role in our sexual performance.

If there are any unresolved problems and conflicts between you and your partner they will affect your sex life. If nothing else, negative tensions prevent relaxation and take the intimacy out.

You may feel like you’re not connecting in your relationship, and at some point it just becomes physical. Gradually, sex may become an awkward event for both you and your her, and you’ll tend to rush to “get it done” quickly.
Another relationship factor that can contribute to premature ejaculation is fear of intimacy. Intimacy makes some men uncomfortable, and to avoid those “awkward” moments they tend to rush through sex, or even avoid it completely.

**Lack of Sensory Awareness**
This is Dr Helen Kaplan theory.

She suggested that, in majority of cases, premature ejaculation is caused by what she called ”the lack of sensory awareness”.

This means that you simply never developed a real feeling for what your genitals feel like when you’re highly excited and about to reach an orgasm.

Since you haven’t experienced sensations of high arousal, when they occur you’re not able to control them, and you ejaculate right away.

Therefore, ejaculation control is something you must learn, rather then something you were born with.

This could explain why young, less experienced men, are more likely to come quickly, and why some men, as they age and gain more sexual experience learn to delay orgasm.

**Certain Situation**
Certain situations are likely to make you come quickly.

These cases of PE are also known as situational or circumstantial premature ejaculation.

Sometimes these are simply a natural response to situation, and are you don’t need to worry about it. Your ejaculation control, more often than not, improves without any treatment as soon as the situation changes.

Here are some of these situations...

- first time with new girlfriend
- you’re tired, stressed or tensed
- poor communication in relationship
- anti-erotic ambiance
- you’re simply amped up

If you are at the start of new sexual relationship you will be more excited than usually. It’s natural, since you don’t know each other yet.

First impressions are important and you want to show yourself in the best possible light, so to speak. That will make you more excited and tensed, which often results in coming sooner.

If you feel particularly stressed, tired, or tensed you may come faster than usually. This is normal too. In fact, too much stress or tiredness can even prevent erection completely.

If you have poor communication with your partner, or there’s a lack of understanding the differences between male and female sexual functioning.

Women need more time to reach an orgasm than men. So she may feel unsatisfied and that add pressure to your sexual encounters. Negative
tension often leads to quick ejaculation.

Anti-erotic ambiance created by the place where you’re having sex, or negative moods and feelings can also cause premature ejaculation.

If you are amped up you’re likely to come quickly. For example, you didn’t have sex for a long time, you’re just young and horny, or you’re partner is very aroused during sex which makes you even more aroused.

Risk Factors
You’re at increased risk of premature ejaculation if you have some medical concerns that make you feel anxious during sex.

For example, fear of losing your erection before you reach an orgasm may cause you to rush through sexual encounters. If this is happening repeatedly, it’ll turn into a permanent habit.

Or if you have a hearth problem and you’re worried not to get too excited, you’ll probably tend to hurry. Even if you’re not aware of it.

That’s it.

Now you know what causes premature ejaculation.

FREE REPORT: Read this to learn exactly how to gain complete control over when you ejaculate... “How You Can Last 10-30 Minutes Longer In Bed Tonight & Permanently End The Pain & Embarrassment Of Premature Ejaculation”

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