

**COME
WHEN
YOU**

Want



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I want to be the first to say,

CONGRATULATIONS!

Dear Friend,

You're here for a reason. You want to feel confident in the sack, to bring her full satisfaction every time, and to make sure she doesn't go looking for pleasure with another man.

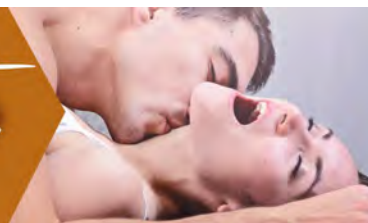
This is the first step. This is how you go from a man who is worried about his sex life to a man who **CHOOSES** his sex life. Think about how that will change your life!

Here's why I can tell you this with certainty. My name is Caitlin V, an expert sexologist and sex coach, and I've helped dozens of men just like you build stamina and confidence, learn how to control their ejaculation, and last as long as they want in bed. After years of being a sex educator, researcher, consultant, and doctoral student, I decided to dedicate my life to helping men overcome performance challenges and become amazing lovers.

**THIS COURSE IS GOING TO GIVE YOU
EVERYTHING YOU NEED TO LEARN
TOTAL EJACULATORY CONTROL.**

GETTING THE MOST OUT OF

COME WHEN YOU *Want*



Part One: Scheduling

With a course as life-changing as this one, it's imperative that you *stay consistent*. Sit down with your calendar right now and pick a date each week that you can commit to completing each module. Then, schedule yourself a reward for how you'd like to celebrate. Fill these out on the next page.

Part Two: Response

Throughout this course, you'll find the answers to all of the questions below. This workbook is designed to be a guideline for the depth of knowledge you'll take away.

Part Three: You!

Ultimately, how you choose to take this course is up to you. My goals for you are for you to learn, to take your PE into your own hands and participate in this course, and to CELEBRATE when you finish!

HOW TO TAKE THIS COURSE

MODULE 1 COMPLETION DATE: _____

REWARD: _____

MODULE 2 COMPLETION DATE: _____

REWARD: _____

MODULE 3 COMPLETION DATE: _____

REWARD: _____

MODULE 4 COMPLETION DATE: _____

REWARD: _____

MODULE 5 COMPLETION DATE: _____

REWARD: _____

MODULE 6 COMPLETION DATE: _____

REWARD: _____

INTRO TO MODULE 1

What is important about the embodiment for this module?

What is one of the main causes of PE?

Start thinking about what myths you
might believe about PE.

EMBODIMENT: BELLY BREATHING

How should you set your body up to get ready for belly breathing?

What is important to do on your exhale?

What does the 4-count breathing exercise help with?

What visualization technique helps you?

What did you notice in your body when you returned your breathing back to normal?

How many breaths should you practice belly breathing for on your next try?

DEFINING PE

The definition of Premature Ejaculation is:

“

”

How do you know if you have PE?

How common is PE in men?
(How many men have PE)?

What are the three kinds of Premature Ejaculation and what differentiates them?

Can PE be cured, yes or no?

MYTHS ABOUT PE

What is the most common myth about PE?

What is the second most common and why can it be hurtful
to both sexual partners?

Why is myth number three so important to dispel?

What are we trying to get you to do in your body through this course?

How many women can experience an orgasm through vaginal penetration
alone?

What other stimulation do women need?

How do PE and ED overlap?

How are performance anxiety and PE related?

If PE is not just what's going on outside your body, what is it?

MODULE 1 HOMEWORK

What is the homework?

How often should you do it?

What does the belly breathing allow you to do?

What is the second part of the homework?

What does celebrating look like for you?

INTRO TO MODULE 2

What is Module 2 Really about?

Why focus on the body?

Where does sex happen?

EMBODIMENT: BODY SCAN

What did you notice during the body scan?

Where, if at all, did you notice yourself judging your body?

What did you release?

What other thoughts or distractions did you notice?

What parts of your body were most relaxed?

Which were hardest to relax?

BODY BASICS

_____ leads to early ejaculation

What do you pelvic floor muscles do for your body?

Orgasm is the _____ of

_____ in the body.

Where do men with PE usually hold tension in their bodies?

MASTURBATION AND PE

Why does masturbation matter?

How often do you masturbate?

What triggers cause you to want to masturbate?

Where do you usually masturbate, what erotic material do you use,
what tools or toys do you use?

INTRO TO MODULE 3

What is Module 3 about?

Why do we discuss psychology when talking about PE?

What is the embodiment coming up?

Why is the embodiment from Module 2 going to help you in Module 3?

EMBODIMENT: PROGRESSIVE MUSCLE RELAXATION

What position did you find most comfortable to do this in?

Where did you locate tension in your body?

What areas were the most difficult to release tension in? The easiest?

Was there anything difficult about this exercise?

What were you focusing on during this?
How about beforehand?

Did those thoughts change when the exercise was over?

MENTAL, EMOTIONAL, SPIRITUAL ASPECTS OF PE

What are the 3 biggest challenges Caitlin has seen in the multitude of clients with PE she has worked with?

Do you feel you are hard on yourself? Where or when?

Do you feel that you have anxiety, or that you have moments where you feel overly anxious? Where or when?

What, if anything, has it prevented you from doing?

Do you have any limiting beliefs that are negatively affecting your sexual, romantic, or emotional life? Where did those come from?

How do you see yourself as a sexual being?

Where did those ideas come from?

TECHNIQUE: SEXUAL TIMELINE

What events in your timeline overlapped?

Did you notice any patterns? If so, what were they?

Were you able to pinpoint when your PE started? When?

What about this technique was helpful for you?

TECHNIQUE:

ANXIETY MANAGEMENT

5, 4, 3, 2, 1

What five things did you see?

Four things you could touch?

Three things you could hear?

Two things you could smell?

One thing you could taste?

What did this exercise bring up for you?

When can you use this technique in your personal life? List specific examples of things that would cause you to be nervous or anxious.

TECHNIQUE: LETTING GO

What things did you list out that you wanted to let go of?

What kind of feelings did writing these things down bring up?

What words did you say when you let these things go?

What was the release of these words to the fire like for you?

TECHNIQUE: PICTURE FROM CHILDHOOD

What is the purpose of this technique?

What feelings came up from finding a picture of you (or a baby that represents you)?

Come back to this in two weeks.
How has your perception changed from when you first started seeing your younger self to now, if at all?

MODULE 3 HOMEWORK

What is your homework?

Why is it so important that you utilize the workbook?

EMBODIMENT: PELVIC FLOOR BREATHING

Which position is it most comfortable for you
to tap into your pelvic floor?

Was this exercise hard for you?
Were you able to feel the expansion
and contraction of your pelvic floor?

Do you feel sore? Spacious? Connected?
What other feelings come up?

PROPER KEGEL, REVERSE KEGEL TECHNIQUE / IMPORTANCE

Why is it important to release tension in your pelvic floor?

What is an orgasm?

What is usually taught wrong about Kegel exercises; why is this important to unlearn?

How do you isolate your pelvic floor?

When do you notice tightening of your pelvic floor?

When in the day can you find time to get into
the habit of practicing Kegel exercises?

TECHNIQUE: BODY POSITION AND LOCATION

What is your masturbatory routine now?

How long have you practiced this same pattern for?

What is one position that you can think of right now that you can change to masturbate in? One location?

Come back to this and list other positions and places that worked for you.

TECHNIQUE: EDGING

What is edging?

Why is this technique so important
to lasting longer in bed?

What are things that you enjoy doing to or with a partner that would
help decrease your arousal?

How long is your goal for lasting in bed?
So then, how long should you practice edging up to?

MODULE 4 HOMEWORK

How are you feeling at the end of Module 4?

What have you enjoyed from this module?

What, if anything, have you struggled with?

What is the most important homework from
Module 4?

What should you challenge yourself to do before sex? Why?
Remember to congratulate yourself.

INTRO & ADVANCED PSYCHOLOGICAL TECHNIQUES

Where does sex happen?

What is the purpose of Module 5?

EMBODIMENT: PLEASURE PRACTICE

What brought you the most pleasure from this exercise?

What gave you pleasure that you weren't expecting?

What does feeling pleasure feel like to you?

Do you feel uncomfortable
experiencing pleasure?
If so, what about it is uncomfortable for you?

]How could you make this experience more pleasurable?

Use this space to start thinking about something you did in
this exercise that you could start doing every day
to experience more pleasure in your life.
Remember to thank your body
for experiencing pleasure for you.

TURNING TOWARDS PLEASURE

Did you try distracting yourself from sex in the moment to help you last longer before starting this course?

What is the only way to get to the other side of PE?

How do we turn towards pleasure?
What does turning towards pleasure look like for you?

What does pleasure mean for you?

Does turning towards pleasure feel
overwhelming or scary to you?
If so, why?

What things make up your comfort zone?

What are a few ways you could start to step out of that
comfort zone?

_____ exists outside of the comfort zone.

BALANCE AND POLARITY

What does masculine energy mean to you?
Feminine energy?

How has this module started to change your ideas of both of these,
if at all?

Do you feel uncomfortable with having feminine energy at all? Why?
Where did that come from?

Do you feel that you have too much masculine energy surrounding sex? Where did that come from?

How can adding feminine energy to your daily life and your sexual life help you last longer in bed?

Why is understanding both masculine and feminine energy so important?

Who is someone you know that has the most masculine energy, why? Who is someone you know that has the most feminine energy, why?

What part of this is challenging for you?

TECHNIQUE: PLEASURE IN ALL 5 SENSES

What are things around you right now
that you can experience pleasure from?

What's something that you experience every day that you weren't
focusing on the pleasure you received from it before?

What are things that you experience pleasure each day from that
you're surprised by?

Did anything become a stronger pleasure for you
than it was before this exercise?

TECHNIQUE: COLD BLAST OF WATER

What was your initial reaction to this technique?

Have you done something like this before?

Once you've practiced it, how long did it take you to slow your breath?

How did you feel once you'd gotten out of the shower?

TECHNIQUE: INTUITION

Can you remember a moment where your intuition said something and someone told you it was wrong? When?

Do you feel your intuition very often now?

Do you feel like you are holding onto the side of the river or letting life flow with you? Why?

Were you able to feel where the yes and no comes from in your body? If so, where?

Did anything surprise you with this exercise?

MODULE 5 HOMEWORK

Where can you find the time each day to practice the three exercises?

Which assignments really worked?

Which exercises did you really connect with?

Which exercises did you find challenging but important and you want to commit to continue doing them?

Which ones weren't your favorite?

Were there any exercises that you felt you didn't get a lot out of?

INTRO TO THE OUTRO

How are you feeling being almost done with the course?

What does celebrating yourself look like for you?
What celebrations have you done already?

EMBODIMENT: BODY SCAN

How did the gratitude embodiment feel for you?

What areas do you want to thank the most?

Where do you feel like you did the most work in this course?

What areas have been helped by your time
and energy into this course and this workbook?

What are you most thankful for?

CELEBRATE!!

How do you feel now that you are done with the course?

What does celebrating look like for you?

Are you going to allow yourself to do something you don't usually do? If yes, what?

How does celebrating make you feel?
