

# Understanding & Replicating Passionate Sex Stamina

If you've ever had a passionate relationship, you'll know what I'm about to talk about. 'Regular' sex stamina is simply defined as 'how long' you last. It's a minutes and seconds calculation. Passionate sex stamina is about more than just the mechanics of thrusting back & forth – it's about the **way you move WHILE being able to not ejaculate**.

This kind of stamina is not about repetition – it's not about how long you 'last' but how long you last with the right 'rhythm'. The whole point here is that during sex, you'll want to vary your rhythm until she signals you to keep going on with a specific one (fast, slower, just like that, etc...)

The problem when it comes to using male sex toys to train yourself, is that they don't talk back with advice and pointers. So you need to gradually practice a blend of speed techniques, and control yourself so you don't ejaculate too quickly. This is possibly the hardest part to achieve, because as men, we're wired to let ourselves go when we hit the point just prior to orgasm.

In general, you need to understand that masturbating with a male sex toy is NOT the same as using your hand. When using your hand, you don't focus on achieving ejaculation as quickly as possible – when using a sex toy for stamina training purposes, you need to be able to pace yourself and HOLD OFF when you're almost about to ejaculate.

Medical professionals in the field of premature ejaculation all recommend slowing down and stopping yourself from ejaculating as the best method to train yourself for lasting longer. And the reason has more to do with psychology than with physical gratification. When you stop yourself from ejaculating repeatedly – allowing yourself to recover and re-initiate pleasurable action – your [Hypothalamus](#) (the part of the brain that controls sexual behaviour) follows the same path. The interesting part is that the more you train this part of your brain by creation and withholding this pleasure, the more overall PHYSICAL control you come to have on ejaculating.

This is an important lesson. It means that what you THINK about dictates how long you last in bed, and NOT how you feel. With consistent training over a month's time you'll be able to improve your overall stamina.