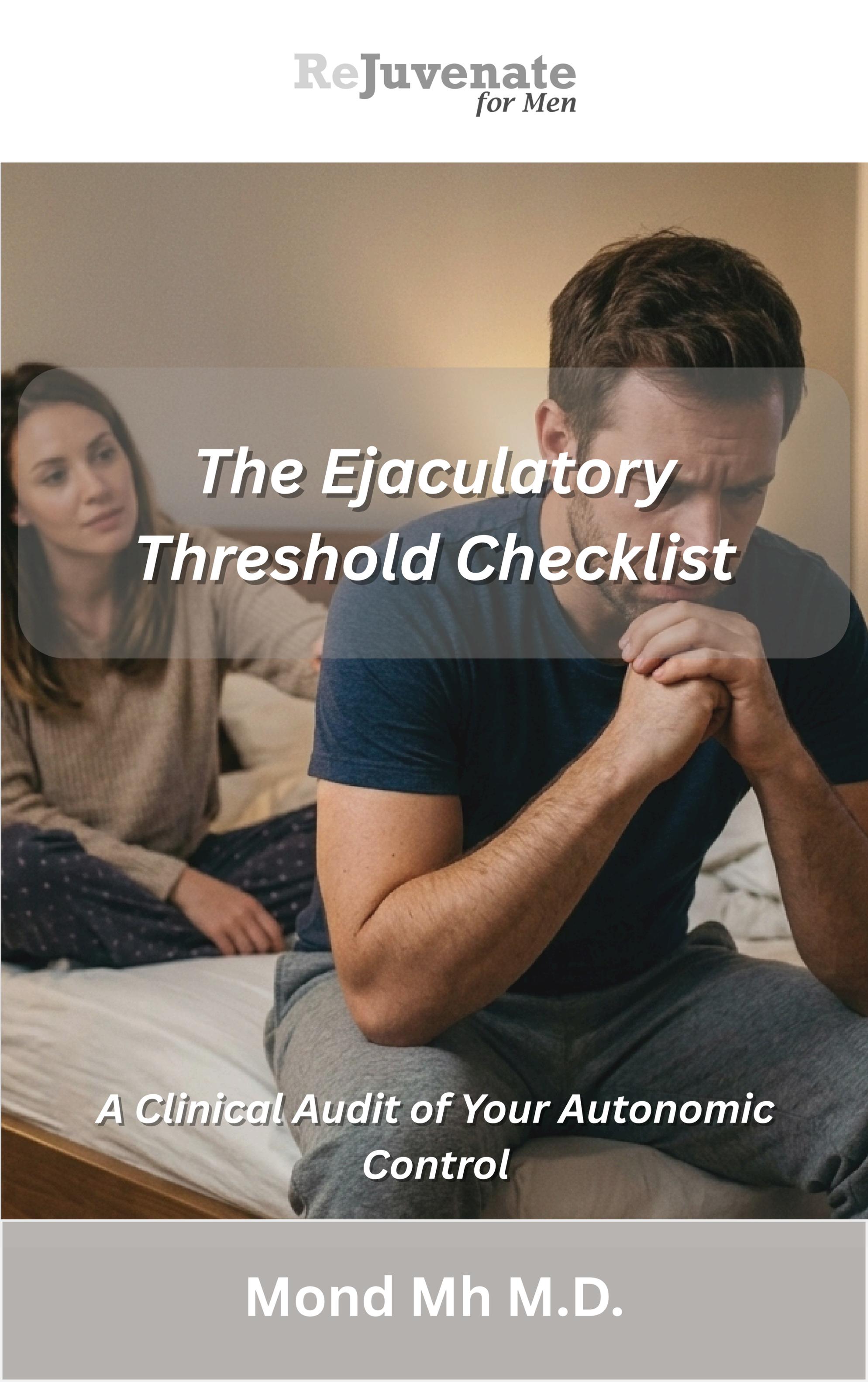


ReJuvenate
for Men



***The Ejaculatory
Threshold Checklist***

***A Clinical Audit of Your Autonomic
Control***

Mond Mh M.D.

Instructions: Mark every statement that applies to your experience during intimacy or solo play.

Section 1: The "Software" (Neurological Scripting)

- I have struggled with fast finishing since my very first sexual experiences (Primary PE).
- I can last significantly longer during manual masturbation than with a partner.
- I feel a "rush" of adrenaline or a "panic" sensation as soon as penetration is mentioned or attempted.
- I find myself "distracting" my mind (thinking of non-sexual things) to stay in control, but it often fails.
- Even after a "round one," I find that I still have very little control in "round two."

Section 2: The "Hardware" (Organic/Biological Triggers)

- I developed PE later in life; I used to have much better control (Acquired PE).
- I often feel a "fullness" or dull ache in my pelvic floor/perineum after sitting for long periods.
- My urinary stream feels "hesitant" or I feel I haven't fully emptied my bladder.
- My erections feel "softer" or harder to maintain when I am focused on delaying ejaculation.
- I notice my PE gets significantly worse during high-stress weeks at work or periods of poor sleep.

Section 3: The Autonomic "Fail-Safe" (Physiological Markers)

[] During intimacy, I notice I start breathing shallowly or holding my breath entirely.

[] My heart rate spikes into a "pounding" sensation long before I am near climax.

[] I feel a "tightness" in my legs, glutes, or jaw during the moments before I "pop."

[] Once I feel the "point of no return," I have less than 5 seconds before ejaculation occurs.

Final message from Dr. Mond.

This checklist isn't just about labels—it's about the path to a fix. If you checked more than 3 boxes, your nervous system is currently stuck in a Sympathetic Loop.