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## fear-of-failure-can-cause-erectile-dysfunction

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May 23, 2009

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### fear-of-failure-can-cause-erectile-dysfunction

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### Fear Of Failure Can Cause Erectile Dysfunction

This article has been revised and re-written several times since its very first creation in 2008, to keep the information current.

The most recent revision was done by Dr. Ashok Koparday डॉक्टर अशोक कोपर्डे

Date last updated: November 02, 2016

### In a normal boy

- Click to see SIMILAR topics on Sex Problems in young men E. D.
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Erectile Dysfunction Newly Wed
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Here I will tell you with real life examples why during first sex or honeymoon a boy is not able to get erection. Of course I will tell you the remedy too. The best thing about this is it is DEFINITELY curable.

It is important to remember that normal boys can have difficulty getting erection during his first sexual intercourse or the first few months of marriage. This is not uncommon.

Why would be/just married husband sex Erectile Dysfunction Situational (Not Permanent)

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3. 

Is [Erection Problem](#)

Permanent of  
Temporary?

What is performance anxiety?

Fear Of Failure Can Cause Erectile Dysfunction

## WHY DOES A NORMAL BOY HAVE ERECTILE DYSFUNCTION

When a boy believes (often it is imaginary) he has some kind of sexual inadequacy he fears that he may not be able to do sexual intercourse. He is afraid he won't be able to satisfy his wife. This fear (I don't know whether I will be able to do it.) causes no erection or poor erection. He feels MIGHTY ashamed and his suspicion that he has some sex problem is reinforced.

Fear Of Failure Can Cause Erectile Dysfunction

## HOW TO KNOW THAT THE BOY WHO FAILS TO GET ERECTION ON FIRST SEX/SUHAGARAT/HONEY MOON IS NOT IMPOTENT OR GAY?

The surest and safest method that prepares you for wonderful sexual intercourse is masturbation.

Be confident because you have direct evidence of good erection in your own hand.

-Dr. Ashok Koparday

1. Usually the boy is of good moral character and has had NO PREVIOUS EXPERIENCE of sexual intercourse. This is truly his FIRST sex.
2. Remember this: If a boy/man was impotent he would NEVER dare to marry.
3. Sometimes he rapidly ejaculates before inserting or during foreplay. He becomes crest fallen. Dismayed he labels himself as suffering from 'Premature Ejaculation'. His confidence and self esteem hit rock bottom. He has difficulty getting erection.
4. Often in a virgin the vaginal entry is tightly closed because of fear. The boy is not able to insert and quickly ejaculates. The boy blames himself. He believes he has erectile dysfunction (the penis couldn't go in, isn't it?). See vaginismus.

5. If it is love marriage, he has not been forced to marry by parents, then he is not gay.

**Example: (1)** A boy of 17 years visits a prostitute. He is scared in the new environment. He rapidly ejaculates sometimes even before removing his clothes. Disgraced he returns and carries an imprint that he has a sexual problem.

**Example: (2)** If a girl passes negative remark about his sexual organs or sexual function (it's small, why is it not happening, it was too soon) the boy is unnerved and ashamed and that very instant a normal boy becomes a sex patient.

**Example: (3)** [This is the commonest cause] The boy thinks he is sexually inadequate. He has unrealistic expectations based on pornography. He believes he has done masturbation so often that the nerves and blood vessels of his penis are badly affected. He gets erection on several occasions, even before he removes his clothes. Just as he begins to insert the erection wanes away.

**Example: (4)** Quack (unqualified, un-certified, ignorant plunderer masquerading as Sexologist) has confirmed that he does have a major problem. With trepidation he goes for first sex, sometimes just to test, and there he fails.

**Example: (5)** Nervous or anxious personality type, or second or late marriage

## REAL EXAMPLES OF REAL PEOPLE FROM CASE FILES

Fear Of Failure Can Cause Erectile Dysfunction

### 1. WIFE ASKED QUESTION:

M mrs pooja solanki marriage since 8 mnths and was in a relationship for 3 yrs with my husband before marriage

My husband nd i never had much physical relation before marriage jus a smoch sum day in a month or so

After marriage till 7 mnths v had no physical relation tan v tried and know my husband has a partial erection like vry less erection that too he cant sustain

Than v consulted a dictor m jus woored ki doctor jus gave tablets bt i feel there might b sum inner problm like low blood circulation or he is a gay etc doc has given medicine such as 1.testrone 40mg and tab tazzle 20 mg

REPLY

- [MYDOCTORTELLS](#)

Your husband has a difficulty that can be treated. This is not complicated as your Google Search makes you believe. This is not uncommon.

Right now I am dealing with three couples with similar difficulty.

Your husband is neither *gay*, nor has does he have "\_\_\_sum inner problm like low blood circulation \_\_\_"

## 2. NEWLY WED HUSBAND ASKED THE QUESTION

"Dear Doctor,

I am a 31 year old business man and recently married . Got married April 24th. I havent had sex with my wife yet. I tried 2 times for intercourse but I lost my erection. while foreplay erection is good.

-----"

### REPLY

#### - MYDOCTORTELLS

As I see it you are a normal male who has some unnerving difficulties in sexual play. Proper guidance has always worked well, more so when the guy is intelligent. Patience is certainly needed.

## 3. BOY ASKED THIS QUESTION BEFORE WEDDING:

i m jst 23 yrs. i m a virgin, i think i have a sex problem,

coz whenever i try to attempt sex with my partner, my

pennis dont support me. i think i m facing this problem

bcoz of so much masterbating. wht is the solution

doctor. plz help me coz i m getting marry in this year.Posted by : ramakant, 2 day(s)

ago Monday, March 2, 2016

### REPLY

#### - MYDOCTORTELLS

Doctor's Expert Medical Opinion (FREE): Hi Ramakant, (Name changed)

"Not knowing how to do sexual intercourse (sex is not as you see in porn movies) is foremost cause of penis not getting erect or not going in vagina during sex. I like the word you have used 'virgin'.

You wrote "\_\_\_ problem bcoz of so much masterbating \_\_\_"

Write this permanently on your brain,

"MASTURBATION DOES NOT CAUSE ANY HARMFUL EFFECT"

Ramakant, not being able to insert penis (dick) in vagina (cunt) during sexual intercourse (fucking) can make any male nervous and diffident. When further attempts result in the same disappointing experience ("I am not able to fuck her.") the male develops difficulty in erection, erection is not strong, erection is for short time, then sexual desire decreases, then he tends to avoid sex.

## 4. ANOTHER GUY'S QUESTION CONTINUES

Dear doctor,

thanks from your letter,I think that my problem is more psychological than physical.

For example when I am watching porno films (that I watch always when I have time, and it's my hobby) I have a good erection.

Even I have upto 20 or 30 minutes full erection.But when I face the real sex( which I had not more than 4 times in my life) I can't get erection.

So please let mew know if my guess about this problem is right, or I have another problem?

And please show me the solution.

thanks

Best Regards

xxx XXX xxx

### REPLY

#### - MYDOCTORTELLS

### PROBLEM SOLVED

Hi,

Your guess about the problem is accurate.

"\_\_\_But when I face the real sex( which I had not more than 4 times in my life) I

can't get erection.

\_\_\_"

This is performance related where anticipation of possible failure can (not always) cause difficulty in erection. The severity depends upon the extent to which you are conscious about assumed possibility of not being able to do sex.

"\_\_\_And please show me the solution. \_\_\_"

Your solution is in your query itself.

"\_\_\_ when I am watching porno films\_\_\_I have a good erection. Even I have upto 20 or 30 minutes full erection \_\_\_"

The above sentence means your sexual apparatus is fine.

Slowly your confidence will build up. Your erection will be fantastic. With the hard-on you will be able to do sexual intercourse. You are now capable of giving and taking sexual pleasure.

FOR MORE DETAILS OF METHOD TO OVERCOME THIS CLICK ON THIS LINK

## METAPHORICAL EXAMPLE

### Fear Of Failure Can Cause Erectile Dysfunction

You are like a student who has prepared very well for his exams, but some amount of tension remains while you actually go to give your exams. When you sit to write the answer paper everything goes smooth because you are well prepared.

## IMPORTANT CONCLUDING NOTES

### Fear Of Failure Can Cause Erectile Dysfunction

The surest and safest method that prepares you for sexual intercourse is masturbation. You become confident. You have direct evidence of good erection in your own hand.

Please let me know if you have any additional questions or issues.

Dr. Ashok Koparday MBBS FCSEPI  
Senior Sexologist, Mumbai Navi Mumbai

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## ABOUT AUTHOR

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## 8 Comments

### sujit ads

August 19, 2016 at 9:24 pm

Mai 35 Sal ka hu . One year se meri wife ke sath koi saririk sambandh nehi hai . Meri ling mai thik se sex anuvab nehi karat hu . An mai keya karu. Please help me.

[← Reply](#)

**Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited**

September 15, 2016 at 7:22 am

Namaste,

Doctor say phone par ya swayam milkar margdarshan lo. Nischit kaam ho jayega.

**Dr. Ashok Koparday**

Sirf 8 pm ko hi call karna 09867788877

<http://mydoctortells.com/meet-doctor/>

[← Reply](#)

**micky**

March 26, 2016 at 11:00 pm

i m feeling my penis is small and when i start the sex its very early discharge and after that feeling with stand again my penis so tel me suggestion wht should i do and tel me wht the best treatment for me

[← Reply](#)

**Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited**

September 15, 2016 at 7:28 am

Hi,

Please read useful topics on how to

**increase penis size.**

Read attentively methods of

**prolonging sex**

and delaying ejaculation.

Best wishes,

Happiness doctor,

Ashok Koparday

[← Reply](#)

**Rahul**

April 4, 2012 at 5:24 pm

Hi doctor,

Off late I am unable to maintain an erection during intercourse.

The moment I try to penetrate I go soft.

Masturbation is no problem and am fully hard during it.

The very moment of entry makes me flat and I don't get erect again.

Please help as I am getting very depressed.

Regards

Rahul

[← Reply](#)

**Premier World Class Best Treatment Sexual Health Center Samadhan India By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited**

April 19, 2012 at 8:20 am

Hi Rahul,

You have come to the correct medical source to resolve your issue.

Remember, if you have good erection during masturbation, but don't have erection at the time of insertion then you are not suffering from erectile dysfunction.

This erection problem is related to a particular **situation**, which in your case you have described as, "\_\_\_The moment I try to penetrate I go soft.\_\_\_".

This has more to do with interpersonal relations. Anxiety (being unsure) on first intimated meeting with your girl friend is well known. Those who go in to, **OMG "Oh My God"** depressed, dejected, ashamed feeling do not usually do well the next time because of OMG. Instead, the well informed after losing erection, do not lose confidence, and continue with foreplay. They soon get a hard on and you do rise to the occasion. I strongly recommend you see the power point slide show, which gives details of practical tips on how to **regain erection** (without medicines).

<http://mydoctortells.com/how-to-get-stronger-erection-naturally-without-medicine/>

You will also like this one.

<http://mydoctortells.com/erectile-dysfunction-situational/>

Best wishes,  
Happiness doctor,  
Ashok Koparday  
Consultant Sexual Medicine & Relationship Counselor  
Premier World Class  
Best Treatment Sexual Health Care  
Samadhan India.

[← Reply](#)

**John**

October 16, 2011 at 6:31 pm

A friend found a successful masturbation, 'but when with a naked female he develop fear and found the female not attractive to cause his erection'. What do you thing could be the solution. Help is needed, Doctor?

[← Reply](#)

**Premier World Class Best Treatment Sexual Health Center Samadhan India By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited**

October 19, 2011 at 8:30 am

Hi John,  
Greetings from <http://mydoctortells.com>

You have come to the correct place to get medical help.

This is erection problem related to particular [situation](#).

The mantra for your friend is

## Bindass

If you can do masturbation you do not have erectile dysfunction.

Please see this tips on how to [regain erection \(without medicines\)](#). It is a wonderful power point slide show giving practical tips.

<http://mydoctortells.com/how-to-get-stronger-erection-naturally-without-medicine/>

You will also like this one.

<http://mydoctortells.com/erectile-dysfunction-situational/>

Happiness doctor,  
Ashok Koparday  
Sexologist Marriage Counselor

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