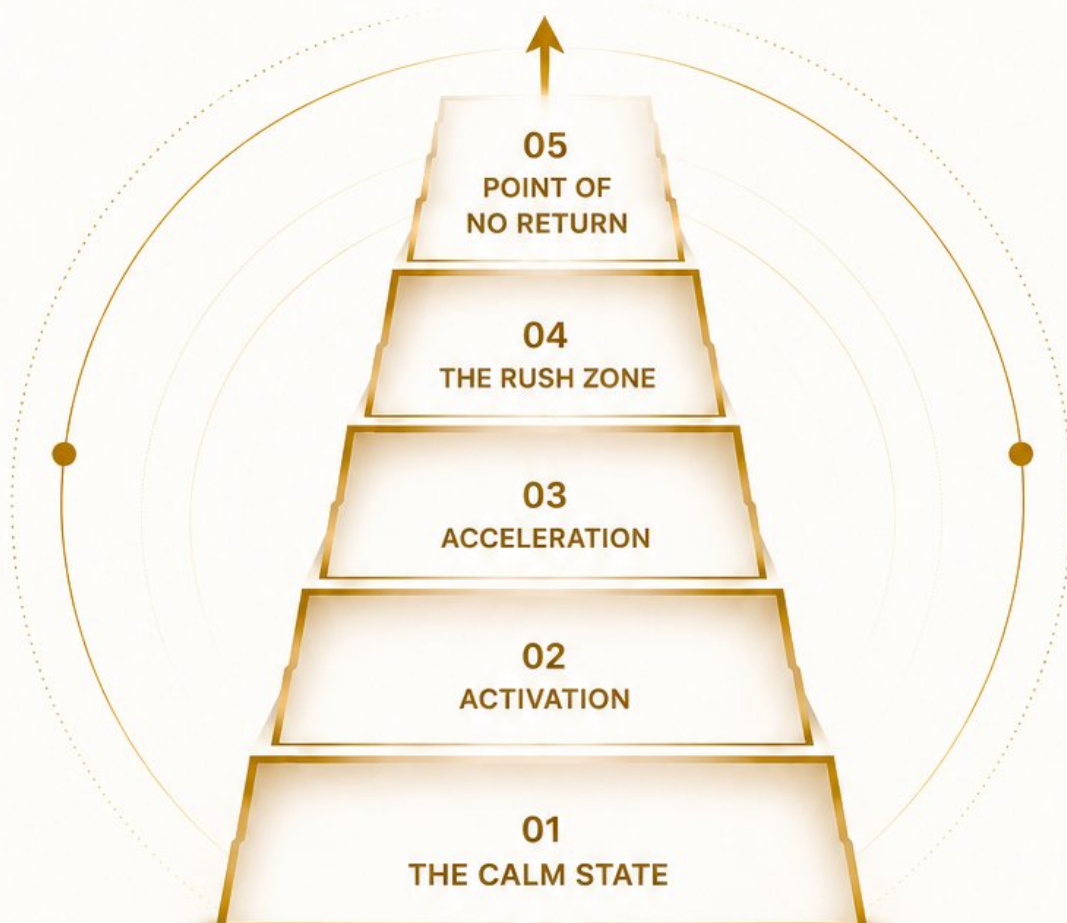


TACTICAL EDGING



*The Unexpected Technique That Helps You
Last Longer And **Keep Her Wanting More**
In Just **14 Days***



A F I N I P R E Y E

A LETTER FROM THE AUTHOR

Before You Begin

My name is Afini Preye. I am not a doctor. I am a man who carried this problem for nine years, and finally learned the way out. What you hold now is everything I learned, written as simply and clearly as I can.

I want you to know one thing before you read a single chapter. There is nothing wrong with you. I spent nine years believing I was broken. I was not. And neither are you. You were simply never taught how your own body works. By the end of this guide, you will be.

I have made this guide simple on purpose. No big words. No confusing science you do not need. Just clear steps you can follow tonight. Read it slowly. Trust it. Do the work. And be patient with yourself — the same patience I had to learn.

“The day I stopped fighting my body and started teaching it, everything changed. That is what I want for you.”

Let us begin, together.

— *Afini Preye*

How to Use This Guide

IN SIMPLE WORDS

Read this guide in order, from front to back. Do the steps. Be patient. That is the whole secret.

This guide works best when you use it in order. Each part builds on the one before. Here is the simplest way to get the most from it.

STEP	WHAT TO DO
1. Read it all once	Before you start any training, read the whole guide from start to finish. Do not skip. It is short on purpose.
2. Master the Ladder	Chapter One is the most important. Make sure you fully understand the five levels before you begin.
3. Follow the 14 days	Do the daily plan in order. One day at a time. Do not jump ahead, and do not skip days.
4. Use your tools	Breath, the pause, the squeeze, and pelvic release are your tools. Use them every session.
5. Be patient	Some days are slow. That is normal. Keep going. The men who finish are the men who win.

Three Rules for Success

If you remember nothing else, remember these three rules. They matter more than any single technique.

THE RULE	WHY IT MATTERS
Go slow	Speed is the old habit. Every time you slow down, you weaken it.
Practise, do not perform	During training, lasting long is not the goal. Feeling and learning is the goal.

**Never give up
on a bad day**

One hard session means nothing. Just do the next one.

Keep this guide somewhere private and easy to reach. You will want to come back to it, especially in the first two weeks. Now, turn the page, and let us understand what is really happening in your body.

You Were Never Broken

IN SIMPLE WORDS

There is nothing wrong with you. Your body just learned a bad habit. This guide teaches it a new one.

If you are reading this, you already know the problem. You finish too fast. It has happened for a long time. You have tried things. Sprays. Pills. Maybe just trying to think about something else. None of it worked for long.

Here is the truth nobody ever told you.

Your body is not broken. It is not weak. There is nothing wrong with you as a man. Your body simply learned one thing a long time ago: finish fast. And it has been doing that same thing ever since, without you even knowing.

Think about it. The first times, you were young. You were in a hurry. Maybe you were scared of being caught. So your body learned a lesson: arousal means rush, and rush means finish, fast. You repeated that lesson hundreds of times over many years. Your body became very good at it.

That is all this is. A habit. A pattern your body learned. And here is the good news: what was learned can be unlearned. What was trained can be retrained. That is exactly what this guide does.

“You were never broken. You were just never taught.”

Over the next 14 days, you will teach your body a new way. Slowly. Step by step. In private. You need nothing but your own body and about ten minutes a day. No pills. No devices. No one needs to know.

Read this whole guide once before you begin. Do not skip ahead. Each part builds on the one before it. When you are ready, turn the page and let us start.

The Whole Method in 60 Seconds

If you read nothing else, read this page. This is the entire guide in five simple steps. Everything after this just explains each step in more detail.

STEP	THE WHOLE METHOD
1	Your body learned to rush and finish fast. It is a habit, not a fault. You can change it.
2	Arousal rises in steps, like a ladder. Most men only feel the top. Learn to feel the middle steps — ‘just starting, getting close, almost there.’
3	When you feel yourself getting close, slow down. Breathe out long and slow. Stop moving. Let the feeling drop back down.
4	Practise this alone, ten minutes a night, for 14 days. Climb, slow down, drop. Again and again. You are teaching your body a new way.
5	After 14 days, your body knows the new way. You decide when to finish — not your body. That is control.

That is the whole method. Five steps. Everything else in this guide simply shows you how to do each one well. If it ever feels like too much, come back to this page and remember: it is really this simple.

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The Arousal Ladder Method

IN SIMPLE WORDS

Arousal is not one switch. It is a ladder with five steps. Learn to feel the middle steps, and you control everything.

This is the heart of everything. Read it slowly. Once you understand the Ladder, every other chapter will make sense. Without it, nothing else works. So take your time here.

Most men think arousal is one switch. Off, then on. Calm, then finish. But that is wrong. Arousal is not a switch. It is a ladder with five levels. You climb it one step at a time.

The problem is this: most men climb the ladder so fast they only ever feel the top two levels. They jump straight from calm to the edge. They never feel the middle. And you cannot control what you cannot feel.

The Five Levels

LEVEL	NAME (PLAIN WORDS)	WHAT IT FEELS LIKE
05	Point of No Return — “done”	The finish. Once you pass this, you cannot stop. The body takes over.
04	The Rush Zone — “almost there”	Very close to the edge. Strong and urgent. Most men only ever notice arousal here.
03	Acceleration — “getting close”	Climbing fast now. This is the most important step to learn to feel.
02	Activation — “starting to feel it”	Arousal has started. Gentle. Easy to notice and easy to manage.
01	The Calm State — “calm”	Your baseline. Relaxed. Fully in control. No urgency at all.

Look carefully at levels 02, 03, and 04. These are the levels most men never feel. They rush past them every time. But these three levels are where all your control lives.

“The room you never knew you had is between Level 02 and Level 04. That is where control lives.”

Why You Skip the Middle

Remember the habit from the introduction. For years, your body learned to rush. So when arousal begins at Level 02, your body does not pause there. It shoots straight up to Level 04 and then 05 in seconds. You barely feel 02 and 03 go by.

This is not a weakness. It is just speed. Your body learned to move fast through these levels, so now it does it automatically. The whole method is about slowing this down until you can feel each step clearly.

What Changes When You Feel the Levels

BEFORE TRAINING	AFTER TRAINING
You feel calm, then suddenly you are at the edge.	You feel each level rise, step by step.
You cannot tell when the edge is coming.	You feel the edge coming long before it arrives.
You are a passenger. Your body decides.	You are in control. You decide.
You finish when your body wants.	You finish when you choose to.

That last row is the whole goal. You stop being a passenger in your own body. You take the wheel. And it starts with one simple thing: learning to feel the middle levels.

Your First Practice

Tonight, when you are alone and private, do this. Begin slowly. Pay attention to your body. Your only job is to notice the levels. Do not try to control anything yet. Just feel.

Ask yourself: am I at Level 02 now? Am I rising to 03? When you feel yourself nearing Level 04, simply notice it and stop. That is all for now. Feeling comes first. Control comes later.

A Simple Way to Check Your Level

If you are not sure which level you are at, use this quick guide. Over a few days it will become second nature, and you will know your level without thinking.

ASK YOURSELF	IF YES, YOU ARE AT...
Am I calm, with no urgency at all?	Level 01 — “calm”
Has arousal just started, gentle and easy?	Level 02 — “starting to feel it”
Am I climbing, with clear strong feeling?	Level 03 — “getting close”
Is the urge strong and the edge close?	Level 04 — “almost there”

Spend your first few sessions simply naming your level out loud in your mind. “That is 02. Now 03.” This naming is powerful. It puts your thinking mind back in charge of a body that used to run on its own.

The Dopamine Spike Trap, Explained

IN SIMPLE WORDS

Years of rushing trained your brain to chase a fast finish. You can teach it a slower way — and this explains how.

To fix the habit, it helps to understand it. This chapter explains, in simple terms, why your body learned to rush. Do not worry — you do not need to be a doctor. Just follow along.

Inside your brain there is a chemical called dopamine. It is the “chase” chemical. It makes you want things and pushes you toward a reward. When you are aroused, dopamine rises. It pushes you toward the finish.

How the Trap Was Built

When you were young and rushing, here is what happened. Arousal began, dopamine rose fast, and you finished quickly. Your brain noticed: rushing brings the reward quickly. So it learned to chase that fast spike again and again.

Every time you repeated it, the path in your brain got stronger. Like a footpath that becomes a road when many feet walk it. After years, the road was wide and smooth. Your body now travels it automatically.

STEP	WHAT HAPPENS IN THE TRAP
1	Arousal begins. Dopamine starts to rise.
2	Your body, trained to rush, chases the spike fast.
3	You finish quickly. The brain gets its reward.
4	The brain learns: fast = reward. The habit grows stronger.
5	Next time, it rushes even faster. The trap tightens.

How to Break the Trap

You break the trap by teaching your brain a new lesson. Instead of chasing the fast spike, you teach it that slow also brings reward. You do this by staying at the middle levels and feeling good there, without rushing to the finish.

Each time you rest at Level 03 and stay calm, you weaken the old road a little. You start building a new path. A slower one. At first the new path is small, like a footpath. But with daily practice over 14 days, it becomes strong enough to use.

“You are not fighting your body. You are teaching it a new road to the same reward.”

This is why sprays and pills never worked. They tried to block the feeling. But the road in your brain was still there. The moment you stopped using them, your body went straight back to the old road. This method builds a new road instead. That is why it lasts.

What to Remember

THE OLD WAY	THE NEW WAY
Chase the fast spike	Rest in the slow climb
Reward comes from finishing	Reward comes from control
The road gets faster	A new, slower road is built
Stops working when you stop	Stays with you for good

The #1 Mistake Men Make During Retraining

IN SIMPLE WORDS

Worrying about finishing fast actually makes you finish faster. Stop trying to perform. Just practise.

There is one mistake that slows men down more than any other. It is so common, and so quiet, that most men never even notice they are doing it. Here it is.

The mistake is worrying about whether it is working.

Here is why this is so dangerous. Worry is a feeling of stress. And stress speeds up your body. It is the exact opposite of what you are trying to do. So the very act of worrying about finishing fast can make you finish faster.

The Worry Loop

STEP	THE LOOP THAT SABOTAGES YOU
1	You start to worry: “Am I going to finish too fast again?”
2	Worry creates stress. Your body tightens. Your breath speeds up.
3	Stress pushes your arousal up faster than normal.
4	You finish fast — which proves the worry right.
5	Now you worry even more next time. The loop tightens.

Do you see the trap? The worry causes the very thing you are afraid of. Then that result feeds more worry. Round and round it goes.

How to Break the Loop

You break it by changing your job. During training, your job is NOT to last long. Your job is only to feel the levels and practise the steps. That is all. Whether you last long today does not matter at all.

When you take away the pressure to perform, the worry has nothing to feed on. The stress drops. Your body calms. And then — without trying — you start to last longer. The control comes when you stop chasing it.

“Your only job during training is to practise. Not to perform. Let the results take care of themselves.”

The 14-Day Solo Training Sequence

IN SIMPLE WORDS

Here is exactly what to do each day for 14 days. Ten minutes a night. No guessing.

This is your exact plan. No guessing. Each day has a clear job. Do it alone, in private, for about ten minutes. Do not rush. If a day feels hard, repeat it before you move on. This is training, not a race.

How Each Session Works

PART	TIME	WHAT TO DO
Settle	1 min	Lie down. Breathe slowly. Reach Level 01, the calm state.
Climb	2 min	Begin slowly. Let arousal rise to Level 02, then 03. Feel each one.
Practise	5 min	Work the steps for that day (see the plan below).
Cool down	2 min	Stop. Breathe. Let yourself drop back to Level 01 before you finish.

Every session follows this shape. The middle part — Practise — changes as you move through the 14 days. Here is the full plan.

Week One: Learn to Feel

DAYS	GOAL	WHAT TO DO
1-2	Notice the levels	Move slowly. Only notice when you move from 02 to 03 to 04. Do not control yet. Just feel each step.
3-4	Find Level 03	Learn exactly what Level 03 feels like. When you reach it, say to yourself: "This is 03." Then stop and rest.
5-6	The first pause	When you reach Level 03, stop fully. Breathe out slowly. Wait until you drop back to 02. Then climb again.
7	Rest day or repeat	Either rest, or repeat any day that felt hard. No pressure. No guilt.

By the end of Week One, you should be able to feel Level 03 clearly and pause there at least once. That is real progress. Many men have never done this in their lives.

Week Two: Build Control

DAYS	GOAL	WHAT TO DO
8-9	Hold at Level 03	Rest at Level 03 for longer each time. Use slow breathing to stay there without rising to 04.
10-11	Touch Level 04	Let yourself rise to Level 04, then use the pause or squeeze to come back down. Do this several times.
12-13	Climb and drop	Climb to 03 or 04, then drop to 02. Repeat many times in one session. Teach your body it does not have to finish.
14	Full control	Do a complete session with calm control from start to end. You decide when to finish. Not your body. You.

By Day 14, most men feel a clear and real change. You can feel the levels. You can pause. You can choose. The passenger has become the driver.

Your Weekly Markers

BY THE END OF...	YOU SHOULD BE ABLE TO...
Day 3	Tell the difference between Level 02 and Level 03.
Day 6	Pause at Level 03 and drop back down at least once.
Day 9	Hold at Level 03 for several slow breaths.
Day 12	Climb and drop many times in one session.
Day 14	Run a full session in calm control from start to finish.

What to Expect Along the Way

IN SIMPLE WORDS

The first days feel slow. Then it clicks. This shows you what normal progress looks like so you do not give up early.

It helps to know what normal progress looks like, so you do not worry when things feel slow. Here is what most men feel as they move through the training. Your own path may differ a little, and that is fine.

WHEN	WHAT MOST MEN FEEL
Days 1–3	Awkward and unsure. You may doubt it is working. This is normal. You are just learning to feel.
Days 4–6	The first small wins. You begin to feel Level 03. You pause for the first time.
Days 7–9	A real shift. The first thought of the day is no longer dread. Something has changed.
Days 10–12	Growing control. You climb and drop on purpose. You start to trust yourself again.
Days 13–14	Calm confidence. You feel like the driver, not the passenger. The change is real.

Notice that the first few days often feel like nothing is happening. This is the most common point where men give up — right before the change begins. Do not stop here. The quiet early days are when the new road is being built, even when you cannot feel it yet.

“The early days feel like nothing. Then one morning you wake up and the weight is gone. Keep going to get there.”

The Real Sign It Is Working

The biggest sign is not in the bedroom. It is in your mind. For years, the problem was the first thing you thought about each morning. The dread. The question: will tonight be the same?

One morning during the training, you will wake up and it will not be the first thing in your head. It will come later, almost as an afterthought, and without the old weight. That quiet forgetting is the proof. That is the new habit taking hold.

Breath Override

IN SIMPLE WORDS

Your breath is your brake. Slow your breathing out, and your body slows down with it.

Your breath is the most powerful tool you own. It is always with you. It costs nothing. And it can slow your body faster than anything else. This is your emergency brake.

Here is why it works. When you get close to the edge, your breathing becomes fast and shallow. Your body reads this as a signal: hurry, finish now. But you can flip this signal. Slow your breath, and your body slows down with it.

The Override Pattern

STEP	COUNT	HOW TO DO IT
Breathe in	4 seconds	Slowly, through your nose, deep into your belly — not your chest.
Hold	4 seconds	Gently. Do not strain or tense up.
Breathe out	6 seconds	Long and slow, through your mouth. This is the key step.
Rest	2 seconds	Pause, then begin the cycle again.

The long breath out is the part that calms you. It is twice as important as the breath in. When you feel yourself reach Level 03 or 04, start this breathing right away. You will feel your arousal drop back down.

How to Use It at Each Level

LEVEL	HOW TO USE YOUR BREATH
02 — just starting	Breathe normally and slowly. Stay relaxed. Enjoy the calm.
03 — getting close	Begin the slow breathing. Long breaths out. Stay right here.
04 — almost there	Full override. Stop moving. Long breaths out until you drop back.
05 — the finish	Too late for breath alone. Note it, and catch it earlier next time.

Practise the breathing on its own, away from training, until it feels natural. Do it while sitting, while resting, even while stuck in Lagos traffic. The more natural it feels, the better it works when you really need it.

“The slow breath out is your brake. Learn to use it before you need it.”

Once your breathing becomes a habit, you will use it without even thinking. It becomes part of how your body handles arousal. This is one of the most powerful things in the whole guide.

The Pause and the Squeeze

IN SIMPLE WORDS

Two simple moves to use when you get too close to the edge. Stop, breathe, and if needed, gently squeeze.

These are two simple moves you use the moment you get too close to the edge. You will use them during your daily training, and later during real intimacy. They are your hands-on tools, working together with your breath.

The Pause

This is the simplest and most important move. When you reach Level 04 and feel the edge coming, just stop. Stop all movement completely. Keep still. Breathe out slowly. Wait.

In a few seconds you will feel yourself drop back down — from Level 04 to 03, then to 02. Once you are calm again, you can begin once more. This single move, repeated, is the core of real control.

The Squeeze

When the pause alone is not enough, add the squeeze. Gently squeeze the base of yourself with your thumb and finger for a few seconds. This lowers your arousal quickly. Then release, breathe, and wait for the level to drop before you continue.

MOVE	WHEN TO USE IT	WHAT IT DOES
The Pause	At Level 03 or early 04	Stops the climb. Lets you drift back down on your own.
The Squeeze	At strong Level 04	Brings arousal down quickly when the pause is not enough.
Both together	When the edge is very close	Strongest brake you have. Stop, squeeze, breathe out.

“The pause is for Level 03. The squeeze is for Level 04. Together they give you full control.”

Practise both every day during training. Here is the good news: the more you use them, the less you will need them. Your body slowly learns to stay calm on its own, and one day you will notice you barely use them at all.

The Pelvic Clench Awareness Protocol

IN SIMPLE WORDS

A hidden muscle tightens and rushes you to the finish. Learn to feel it and relax it on command.

There is a hidden tension in your body that speeds up the finish without you knowing. It is in your pelvic muscles — the muscles deep at the base of your body. Most men clench these tight without ever noticing.

This clenching is part of the rushing habit. Tight muscles push your body toward the finish. When you learn to notice this tension and release it, you remove one of the biggest hidden causes of finishing fast.

First, Find the Muscle

The pelvic muscle is the same one you use to stop the flow when you are urinating. That gentle squeeze you feel there — that is the muscle. Find it once, gently, so you know where it is. Then never practise by stopping your flow again; that is only to locate it.

The Awareness Steps

STEP	WHAT TO DO
1. Notice	During training, check your pelvic muscle. Is it tight? Most times it will be, without you knowing.
2. Release	Let the muscle go soft. Fully relax it. Feel the tension leave.
3. Breathe	Take one slow breath out as you release. Breath and muscle work together.
4. Check again	Every minute or so, check again. The muscle likes to tighten back up. Keep releasing it.

The Clench-and-Release Exercise

Here is a simple exercise to build control of this muscle. Do it any time, even away from training — sitting at your desk, watching TV, anywhere. Nobody can see it.

PART	COUNT	ACTION
Squeeze	3 seconds	Gently tighten the pelvic muscle. Not hard. Just firm.
Hold	3 seconds	Keep it gently held. Keep breathing.
Release	5 seconds	Let go completely. Feel it soften fully. This is the part that matters.
Rest	3 seconds	Relax completely, then repeat. Do ten rounds.

The release is more important than the squeeze. You are training the muscle to relax on command. During real intimacy, a relaxed pelvic muscle keeps you calm and in control. A tight one rushes you to the finish.

“Tight muscle rushes you. Relaxed muscle frees you. Learn to release on command.”

Combine this with your breathing. When you reach Level 03, slow your breath AND release your pelvic muscle at the same time. Together they are far stronger than either one alone.

The Body Map: Your Warning Signals

IN SIMPLE WORDS

Your body warns you before the edge. Learn the signs, and you will never be caught by surprise again.

Your body gives you warning signs before you reach the edge. Most men never notice them. Once you learn to read them, you can act early — while you still have plenty of time to slow down.

Think of these signals like road signs. They tell you what is coming before you get there. Learn them well, and you will never be taken by surprise again.

Learn to Read These Signals

YOUR SIGNAL	THE LEVEL	WHAT TO DO RIGHT AWAY
Breathing speeds up	Gettin g close	Start the slow breathing. Long, slow breaths out.
Muscles begin to tighten	Gettin g close	Relax your legs and stomach. Release the pelvic muscle. Pause.
Strong urge, warmth rising	Almos t there	Stop fully. Use the pause, then the squeeze if needed.
Toes curl, body tenses hard	Almos t there	Full stop. Squeeze and breathe out until you calm down.
Feeling of no return	The finish	Too late this time. Note it calmly. Catch it earlier next time.

The goal is to catch the signals at Level 03, not Level 04. The earlier you catch them, the easier they are to control. At Level 03, a single slow breath is often enough. At Level 04, you have to work much harder.

Build Your Own Map

Every man is a little different. As you train, pay attention to your own first warning sign. For some men it is the breath. For others it is a tightening in the legs or stomach. Once you know your own earliest signal, you have a head start every single time.

“Catch it at Level 03 and one breath is enough. Wait until Level 04 and you are fighting uphill.”

Food, Lifestyle & Recovery

IN SIMPLE WORDS

Normal Nigerian food and good rest make your training easier. No supplements. Nothing to buy.

Your body works better when it is rested and well fed. None of this is required for the method to work. But these simple things make your training easier and faster. Everything here uses normal Nigerian food you already know. No supplements. Nothing exotic. Nothing expensive.

Simple Foods That Help

FOOD	WHY IT HELPS
Beans, eggs, fish	Simple protein. Supports healthy blood flow and steady energy.
Groundnuts, agbalumo	Natural snacks that support good circulation.
Watermelon, cucumber	High in water. Help blood flow and keep you cool and hydrated.
Green vegetables (ugu, efo)	Support your blood and your nerves. Eat them often.
Plenty of water	Keeps everything working well. Drink through the day, not all at once.

Things to Cut Down

CUT DOWN ON	WHY
Too much alcohol	Makes control harder and makes your body signals harder to feel.
Too much sugar	Causes energy crashes that raise stress in the body.
Smoking	Hurts blood flow, which works against everything you are training for.
Late nights	Tiredness makes control much harder. Your body needs rest to learn.

Rest and Recovery

Your body learns the new habit while you rest, not only while you train. This is true for any new skill. So sleep matters more than you think.

HABIT	SIMPLE TARGET
Sleep	Aim for 7 hours. A rested body is far easier to control.
Movement	A short walk most days. It improves blood flow and lowers stress.
Stress	Find one way to relax daily. Calm in life means calm in the body.

Keep it all simple. You do not need anything special. Your body already has what it needs. These small habits just help it learn faster.

When It Feels Hard

IN SIMPLE WORDS

Hard days are normal. Here is what to do when things do not go to plan. The main rule: never give up.

Some days will feel harder than others. This is completely normal. Every man who has done this training has had difficult days. What matters is that you keep going. Here are the most common problems and exactly what to do about each one.

THE PROBLEM	WHAT TO DO
“I finished too fast again today.”	Do not worry. One session does not matter. Your only job is to practise. Just do the next day.
“I cannot feel Level 03 clearly.”	Slow down even more. Go at half the speed you think you need. The slower you go, the clearer the levels become.
“I feel discouraged.”	Look back at your weekly markers. You have come further than you think. Trust the plan and keep going.
“I keep tensing up.”	Check your pelvic muscle and your breath. Release the muscle. Breathe out long. Tension is the enemy.
“I missed a few days.”	No guilt. Just start again from the day you stopped. The training waits for you.

The men who succeed are not the ones who never struggle. They are the ones who keep going through the struggle. A hard day is not failure. It is part of the path. Tomorrow is a new session.

“Progress is not a straight line. Keep going, and the good days will outnumber the hard ones.”

Extended Protocol for Severe Conditioning

IN SIMPLE WORDS

Carried this for ten years or more? Use this gentler 28-day path. Same method, just more patience.

Some men have carried this habit for ten years or more. If that is you, do not worry. The method still works. You simply need more time and more patience. This chapter gives you a gentler 28-day path instead of 14.

Why longer? Because the older the habit, the deeper the road in your brain. A road walked for fifteen years is wider than one walked for five. It takes longer to build the new path beside it. That is all. It is not that you are worse. Your habit is just older.

“An older habit is not a stronger enemy. It just needs a little more patience.”

The 28-Day Path

WEEK	FOCUS	WHAT TO DO
1	Feel only	Spend a full week just feeling the levels. No control yet. Go very slow.
2	Find and pause	Learn Level 03 well. Practise the first pauses. Repeat days freely.
3	Hold and breathe	Hold at Level 03. Add breath override and pelvic release together.
4	Build real control	Climb and drop many times. Touch Level 04 and return. Build it slowly.

Extra Patience Checkpoints

On the longer path, progress can feel slow. That is normal. Use these checkpoints to see how far you have truly come. Do not compare yourself to the 14-day plan. This is your own pace.

BY THE END OF...	A WIN LOOKS LIKE...
Week 1	You can name the level you are at. That alone is big progress.
Week 2	You pause at Level 03 once, even briefly. Celebrate it.
Week 3	You use breath and muscle release together at Level 03.
Week 4	You run a calm session and feel real control beginning.

A Word of Encouragement

If you are on this longer path, you are not behind. You are being thorough. Men who have carried this the longest often get the deepest and most lasting results, because they build the new habit carefully and well. Do not rush to catch up to the 14-day plan. Slow is the whole point. Every calm session is a brick in your new road — lay them one at a time, and the road will hold for the rest of your life.

Questions Men Often Ask

How long until I see a change?

Most men feel something by Day 5 to Day 8. Real, steady control usually comes by Day 14. If you are on the 28-day path, give it the full month. Everyone is a little different. Trust your own pace.

Do I need anything to buy or use?

No. Nothing. You use only your own body, your breath, and about ten minutes a day. No pills. No sprays. No devices. Nothing to buy ever again.

Will my partner know I am doing this?

No. The whole method is private and done alone. Your partner does not need to know anything. They will only notice the result.

What if I have had this problem for many years?

Then use the 28-day Extended Protocol in the last chapter. The method works the same way. It just needs a little more time and patience for an older habit.

Can I do this if I am married and active?

Yes. Do your training sessions alone. Then use the breath, the pause, and the pelvic release during real intimacy. The two work together.

What if it stops working later?

It will not, as long as you keep the habit alive. Do a short session once or twice a week. Like staying fit, a little practice keeps your control strong for life.

You taught your body a new way. You are not the same man who opened this guide. Remember how this began: you were never broken. You were just never taught. Now you have taught yourself. Be proud of that, and keep going.

With respect for your healing,
Afini Preye