

# Erectile Problems Map

The map below shows the impact of different levels upon erectile issues.

## Social, Familial & Cultural Influences on Sex

*i.e. friendship group exhibiting toxic masculinity, social expectations of a being man, religious beliefs of sex as sinful, family didn't talk about sex, expectations created by porn industry*



## Beliefs about Sex

*i.e. good sex involves penetration; I can't satisfy my partner; I will orgasm too quickly; I am a disappointment to my partner; I've failed if they haven't had an Orgasm; I'll never be a good lover;*



## Anticipatory Anxiety (Worry & Negative Rehearsal)

*i.e. my partner will instigate sex, I will feel anxious, embarrassed, and avoidant, my partner will feel rejected, if we do continue, I will lose the erection as soon as I penetrate and my partner will feel disappointed, eventually they will have had enough and leave me for someone who can satisfy them*



## Partners Attitude (If Unsupportive)

*i.e. Demanding; Angry; Critical; Unhealthy Power Dynamics*



## Thoughts

*i.e. I'll lose my erection as soon as I penetrate; I'll orgasm too quickly; my partner will be frustrated; I need to get out of my head; my partner is probably not enjoying this; I wish I could just be present in the moment*



## Safety Behaviours

*i.e. Avoid sex; Use Medication; Withdraw After Sex; Refrain from talking about it; Not seeking help; Mentally measuring penis hardness, Trying to be a pleaser; Not being assertive*



## Emotions

*i.e. Shame; Embarrassment; Fear; Anxiety; Sadness;*



## Physical

*i.e. Heart Racing; Sweating; Blushing; Dissociation; Difficulty Breathing; Loss of Erection;*



## Erectile Problems Map

Fill out the map below to understand the interaction of different elements that contribute to the problem.

Social, Familial & Cultural Influences on Sex



Beliefs about Sex



Anticipatory Anxiety (Worry & Negative Rehearsal)

Partners Attitude  
*(If Unsupportive)*



Thoughts

Safety Behaviours



Emotions



Physical



## Erectile Solutions Map

Fill out the map below to understand how the various facets impact you.

### Social, Familial & Cultural Influences on Sex

*i.e. i.e. Do I ascribe to these inherited influences; Consider how I want to think or feel about my sex life;*



### Updated Beliefs about Sex

*i.e. the connection is more important than my partner's orgasm; sex connection comes and goes; if I don't get an erection, I can continue having sex; I can lose and erection, gain one and lose it again, it doesn't matter; it's ok to please myself during sex, I can enjoy being touched even if I'm soft; I am an attractive sexual person*



### Realistic Rehearsal

*The sexual connection will vary, but that's ok, I can lose my erection and engage sexually, but then over time lose myself in the experience, we can take as long as necessary to both feel sexually satisfied*



### Partners Attitude (If Unsupportive)

*Be assertive; state needs wants and desires; find a partner that I feel safe with*



### Thoughts

*It still feels good even if my penis is soft; what would make me turned on right now; where would my hands like to go; how would it be to feel connected; maybe I could get an erection again with time and little pressure; there is more to sex than penetration*



### Safety Behaviours

*Instigate Sex; Continue in sexual engagement even if I lose erection; Masturbate Regularly; Reduce/ Stop Medication; Speak to trusted loved ones; Seek Professional Help*



### Emotions

*Scared; Brave; Courageous; Relaxed; Confident;*



### Physical

*Enjoying the sensations; Lost in the moment;*



# Erectile Solutions Map

Fill out your action plan to combat erectile issues

Social, Familial & Cultural Influences on Sex



Updated Beliefs about Sex



Realistic Rehearsal

Partners Attitude



Thoughts

Safety Behaviours



Emotions



Physical

