

# BETA LOSER 101

-premature ejaculator training-

This training will help you become a useless premature ejaculator. A hair-trigger loser who fills his shorts with watery spunk every time he sees an attractive woman on the street.

Sex will become impossible, because you'll squirt your load before she can even get her panties off. This training will completely destroy any control you thought you had, and end your sex life.

Depending on where you're starting from, and how much self control you have, you can expect to see noticeable results in just a few weeks. And humiliating, fully clothed hands-free loser squirts within a year.

But there is no bottom to this! The more you train, the stronger the effects will get.



A close-up photograph of a person's penis. A white condom is partially visible at the base, and a white cloth is tied around it. A hand is visible on the right side of the frame, possibly holding the penis. The background is dark and out of focus.

# CAUTION

The steps presented in this guide include real techniques that can have a lasting effect on your sexual functioning.

This guide is presented for fetish entertainment only and should be treated as such. Play safe, and don't do anything that makes you uncomfortable.

Or do, I'm an internet caption, not a doctor.



You are pussy free, whether you've accepted it or not. There is no chance that you will ever feel the warm, wet folds of a quivering cunt wrapped around your cock.

Even if you got the chance, it would just end in disappointment and humiliation. Maybe you wouldn't be able to get it up, or maybe you'd finish after just a few strokes.

Maybe she'd try to be nice, tell you "it's fine," or that "it happens to lots of guys, probably." But you can see the frustration in her eyes.

Or maybe she'd tell you what she really thinks. That you're "a loser" or a "closeted fag." Maybe she'd blast you on social media, to save other women from potential disappointment.

You can't perform. Extreme porn addiction and chronic masturbation have ruined your sex life. And fear of these humiliations has only made things worse.

But there is hope, you can turn your life around! You can fix your inadequacies and build a healthy and meaningful relationship...





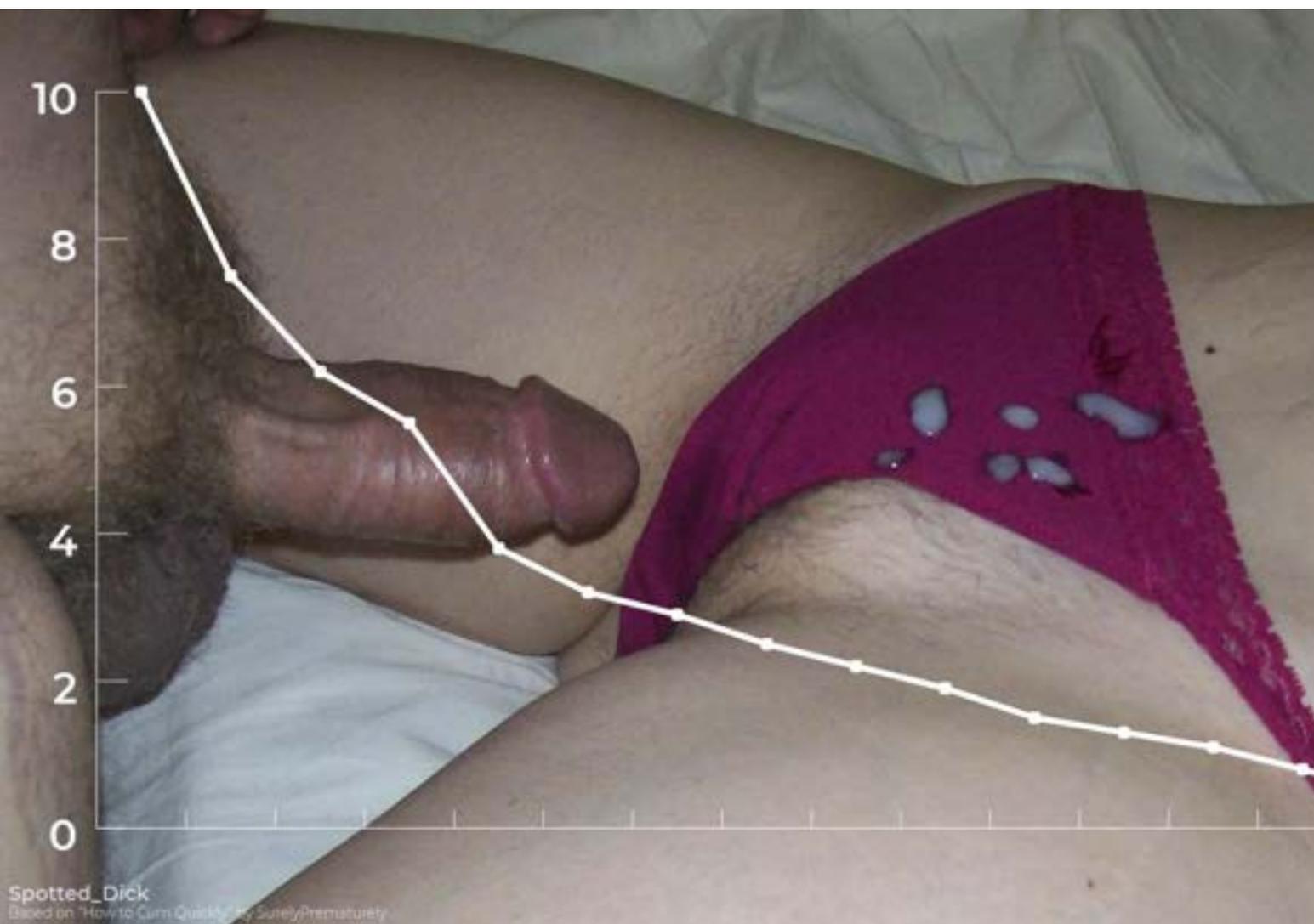
### ...OR MAYBE, YOU SHOULD EMBRACE IT!

Make yourself worse, destroy your sexuality! Ensure your worst fears become a reality and make every interaction with any woman as hopeless and humiliating and possible! Destroy your sexual stamina so there isn't even the smallest chance of losing your eternal "pussy free" status.

Spotted\_Dick  
Based on "How to Cum Quickly" by SurelyPrematurely

Give yourself the most severe case of premature ejaculation possible. Lose control when a woman so much as smiles at you. Turn your life into a minefield of embarrassment and constant arousal.

Live in constant fear that at any moment you'll flood your underwear, and stain the front of your pants with the undeniable evidence of your gross, perverted loserness. Then let that fear turn you on and make it a reality.



## STEP 0: TOOLS

Getting your sensitivity as high as possible, and your orgasms as fast as possible, is a journey of seconds.

Your orgasms are going to become fewer and faster. And it's important to measure and track your progress.

## WHAT YOU'LL NEED

### A stop watch

You can use your smart phone or a website, but an actual physical stop watch has powerful psychological implications. It will become your favorite sex toy, and just seeing it will make your loser stick twitch.

### A spread sheet

Google Sheets or Excel will work just fine. You can also use pencil and paper, but a spread sheet will allow you to easily graph your progress. And being able to see your sexual prowess slip away can be both motivating, and arousing!



*Warming up by watching some of your favorite porn before you start stroking can help 'prime the pump'.*

Spotted\_Dick  
Reddit.com/u/Spotted\_Dick  
@Spotted\_Dick

## STEP 1: GOTTA GO FAST

Your first goal is to get through a typical masturbation session as fast as possible. You want to go from limp, to cumming in as little time as you can.

If you do this every time you masturbate, your brain will slowly start to rewire itself to orgasm as soon as possible.

No more edging or prolonged masturbation sessions. Just immediate gratification.

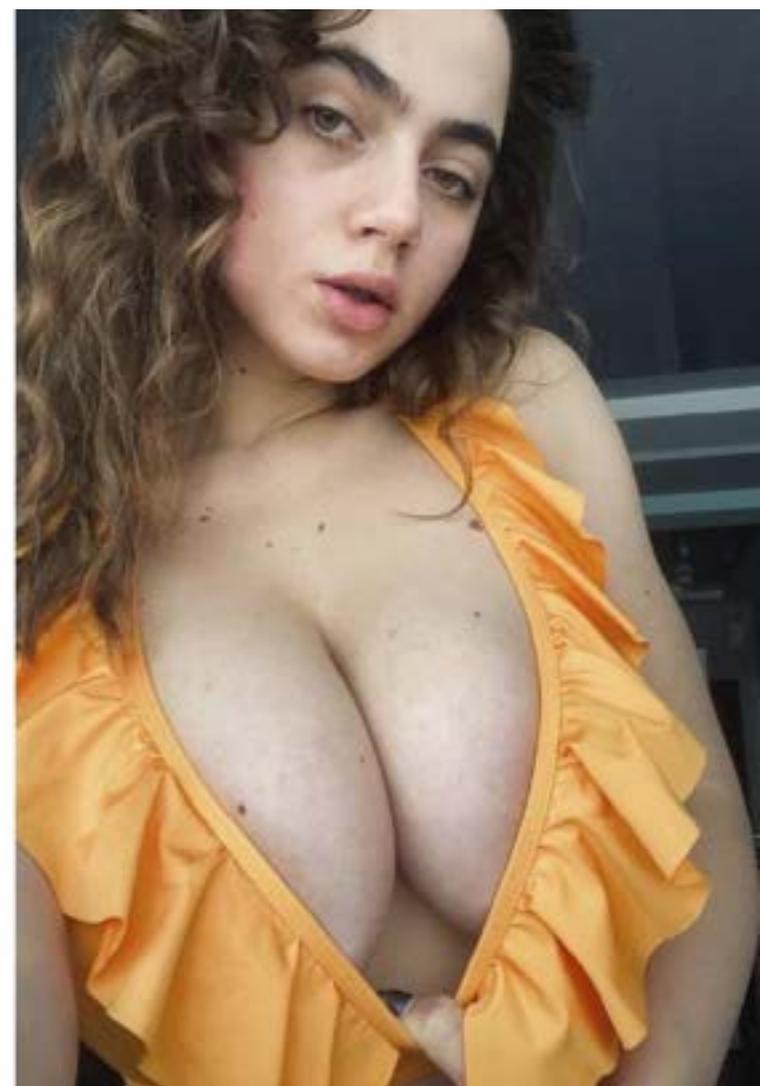
## RULES

Whenever you masturbate, you will focus exclusively on orgasming as quickly as possible.

Start by establishing a baseline. Time yourself while you finish as fast as you can. Use your favorite technique, your dirtiest porn, your favorite toys. Whatever it takes to get the job done.

Each session, attempt to lower your time.

Once you're under 3 minutes (or if you started here) it's time to move on.





*Reducing stimulation is more important than keeping your time down. Fast times will naturally come with practice.*

## STEP 2: MINIMIZE STIMULATION

Now that your brain has been refocused on orgasms, it's time to start depriving it of stimulation. This will force it to crank up the sensitivity to keep getting what it wants.

Your goal is to keep your time down, while you begin to minimize the stimulation needed.

## RULES

Start with your regular fist pumping. Focus on cumming as quickly as possible. Once you can finish in less than a minute, use a less stimulating method.

Switch from the full fist to a three finger ring, then a two finger ring, then a two finger 'pinch'. Use shorter and slower strokes. Focus on the less sensitive base of the penis.

When you change methods, you'll see an increase in your time. Just keep using the new method until you get your time consistently back under a minute.



*A physical schedule acts as a reminder of your training. It can help you stick with it, and keep your extra horny!*

Spotted\_Dick  
Based on "How to Cum Quickly" by SuretyPrematurely

## STEP 3: EVERY OTHER DAY

Research has shown that the most severe premature ejaculation occurs in people who masturbate on alternating days. This keeps your beta mind focused on regular orgasms, while keeping your arousal up and giving your loser balls time to get frustratingly full.

Your porn addiction will make this hard at first. But the increased frustration will help make you a quick shot when you do finally rub your loser stick. Your body wants a constant stream of orgasms, and if it doesn't get them it will start increasing your sensitivity. This two day schedule will help maximize this effect.

## RULES

Alternate between masturbation days, and no-touch days.

On masturbation days, use minimum stimulation to orgasm as quickly as possible. Only do this once in the day, and avoid all other stimulation.

Only ruined orgasms from now on, to keep you horny and on edge.

On no-touch days, avoid touching your penis entirely. You want to minimize stimulation on these days to make yourself as sensitive as possible on masturbation days.

Continue to regularly watch porn, both on masturbation days and no-touch days, to keep your balls full and throbbing.



*Don't be discouraged if your time goes up a lot. This is good, it means your brain will have to significantly increase sensitivity.*

## STEP 4: ONE FINGER METHOD

Now you're going to use the smallest amount of stimulation possible. Gentle, one finger rubbing on the tip. Like a teen girl learning to masturbate for the first time.

You've been continually reducing the amount of stimulation required to orgasm, and now it's time to take a big step.

The one finger method minimizes not just the amount of stimulation used, but the area being stimulated! If you can orgasm when a pea size area of your penis is being gently rubbed by one finger, just imagine how quickly you'll squirt if you try to have real sex!

## RULES

Use a small amount of lube, and only one finger to masturbate. This is most easily done by pressing your penis against your stomach with your finger.

Rub your finger up and down on the 'frenulum', the most sensitive part of your penis. This is located on the underside of your penis just below the head. Roughly half an inch under the urethra or 'pee hole'.

You will likely see a big jump in your time when you start this. Just keep going until your back down under a minute.

Once your time is back down start using this method over fabric. Start with thin underwear, and build up to thicker or layered clothes.



*A trigger is a good opportunity to develop pathetic beta fetishes, like feet, armpits, used panties, or worse!*



Spotted\_Dick  
Based on "How to Get Quick" by SunnyPharm

## STEP 5: TRIGGER TRAINING

You've trained your body to orgasm from minimal stimulation. Now it's time to do the same with your mind! You want to become just as horny from a smile or a bare ankle, as you ever did from the nastiest hardcore smut.

This will help keep you constantly horny, constantly on edge, and constantly at risk of filling your tighty-whities with loser spunk.

This also means that if an actual woman tries to get naked around you, your sensitized brain will become so massively over-stimulated that your balls will drain before she even gets her bra off.

## RULES

Watch the porn you normally watch. Then, just as you reach the point of no return, switch to a "trigger image." Focus on the trigger image for your entire orgasm. This trains your brain to become aroused by the trigger.

Your trigger image should be softer porn. Solo masturbation or similar. Once you start to desire the softer "trigger" porn, make that your regular porn and make your trigger image something even softer, like women in lingerie.

Repeat this process with women in sexy clothes, then bulky clothes, and finally just close-ups of pretty faces.

From this point you will only masturbate to pretty faces. Now choose your final trigger carefully, as this trigger could cause you to have embarrassing "accidents." The more you practice, the stronger this trigger will get.



## STEP 6: ANESTHETIC

It's time to go even further! Now you'll start using a mild topical anesthetic before your masturbation sessions, to decrease the stimulation even further.

Your body and mind will get used to cumming in seconds from the thinnest stimulation. Which in turn will make unplanned, hands-free ejaculations humiliatingly common.

## RULES

Get a local anesthetic. Lidocaine is the most common over the counter anesthetic. A 4% Lidocaine lotion will work well. Most desensitizing lubes also use Lidocaine.

Rub a small amount (grain of rice) into your frenulum and wait 15 minutes before starting a masturbation session.

Expect a significant increase in time again. You'll get it back down with practice.

Once your time is back under a minute, increase the amount of anesthetic used.



*If you can't finish in under 20 minutes, don't worry. Just stop and try again tomorrow. Eventually your brain will get desperate enough.*



## STEP 7: THE CYCLE

By this point you've cultivated a severe premature ejaculation. You masturbate to pictures of fully clothed women by gently rubbing the tip of your numb dick. And can still only last a few seconds!

Something as simple as *not* having your hyper-sensitive penis covered in anesthetic lotion leaves you dangerously on edge. And anything resembling intimacy with a woman will be way too much stimulation for your loser beta-brain.

But, you can always go deeper...

## WARNING

There is no limit to how far this training can go. Keep using more lidocaine lotion, and less stimulation. Start wearing layers of fabric over the lotion. Push yourself for faster and faster times. Develop more mundane and humiliating triggers.

But be aware that the deeper you go, the more difficult it is to undo this training. You have already permanently altered your sexuality. You should stop if you ever want any hope of a normal sex life.





BUT WE BOTH KNOW...  
YOUR LOSER BRAIN WANTS  
TO GO AS DEEP AS POSSIBLE!

Spotted\_Dick  
Based on "How to Cum Quickly" by [Wally](#) on [Only](#)