# Is your penis too large? And is that a problem?



A recent discussion by British therapist Lorraine Glover has drawn attention to the complex realities men face concerning their body image and sexual function, particularly regarding penis size. In an interview with the Daily Mail, Glover elaborated on how both excessively small and large penis sizes can contribute to psychological issues, leading to feelings of inadequacy and anxiety among men.

Glover highlighted that one particular area of concern is the experience of men with larger penises. She noted that relationships can falter for these men, primarily due to partners experiencing discomfort or pain during sexual intercourse. Citing confessions from men on a Reddit forum, Glover pointed out troubling anecdotes where individuals shared their experiences of relationship breakdowns linked to their size. One individual remarked, "Three of my relationships ended (at least partially) because of this... because my penis was too long." Another individual shared a poignant moment from his marriage, recounting, "The saddest part was when my wife said she enjoyed sex, and then, about two months after our wedding, admitted that my penis was too big, and sex constantly caused her pain."

The repercussions of such experiences can be profound, according to Glover. Men often confront an emotional conflict between wanting to satisfy their partners and the desire to avoid causing them pain, which can create additional anxiety. This tension may hinder their ability to reach orgasm, as they may feel compelled to hold back during intimate moments. Glover noted, “All of this can be incredibly harmful to a man, as it causes feelings of anxiety and stress. This can impact future relationships and lead to erectile dysfunction."

Importantly, she emphasised that self-esteem and confidence among men are not dictated solely by physical attributes such as size. Instead, she urges that these qualities are intertwined with self-acceptance, effective communication, and factors that contribute to intimacy beyond the physical act of penetration.

In a related health discussion, Jeff Foster has shed light on another aspect of male well-being. He identified signs of what is often termed male menopause, noting that testosterone levels gradually decline for a majority of men after the age of 30 to 40. This decline can significantly influence libido and overall sexual health, further compounding the complexities of men's experiences regarding their sexuality and intimate relationships.

Through these insights, Glover and Foster are contributing to a broader understanding of the nuanced challenges faced by men, particularly in the context of their relationships and sexual health.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.science.gov/topicpages/s/sexual+swelling+size> - This resource touches on the broader context of sexual attributes and their impact on reproductive quality, which can relate to the psychological aspects of body image and sexual function discussed by Lorraine Glover.
2. <https://www.dailymail.co.uk/> - This is where Lorraine Glover's interview was published, discussing the psychological impacts of penis size on men's relationships and self-esteem.
3. <https://www.reddit.com/> - Glover referenced confessions from men on a Reddit forum about relationship issues linked to penis size, highlighting the personal experiences that support her claims.
4. <https://prostatecanceruk.org/media/w3wgltaw/03-support-pathway-jan-2018-final.pdf> - This document discusses sexual health and the importance of addressing psychological factors in sexual function, which aligns with Glover's emphasis on self-acceptance and communication in relationships.
5. <https://www.healthline.com/health/male-menopause> - This resource provides information on male menopause and the decline in testosterone levels, which Jeff Foster mentioned as affecting libido and sexual health.
6. <https://www.mayoclinic.org/healthy-lifestyle/mens-health/expert-answers/male-menopause/faq-20450523> - This Mayo Clinic page discusses the concept of male menopause and its effects on sexual health, supporting Foster's insights on the topic.