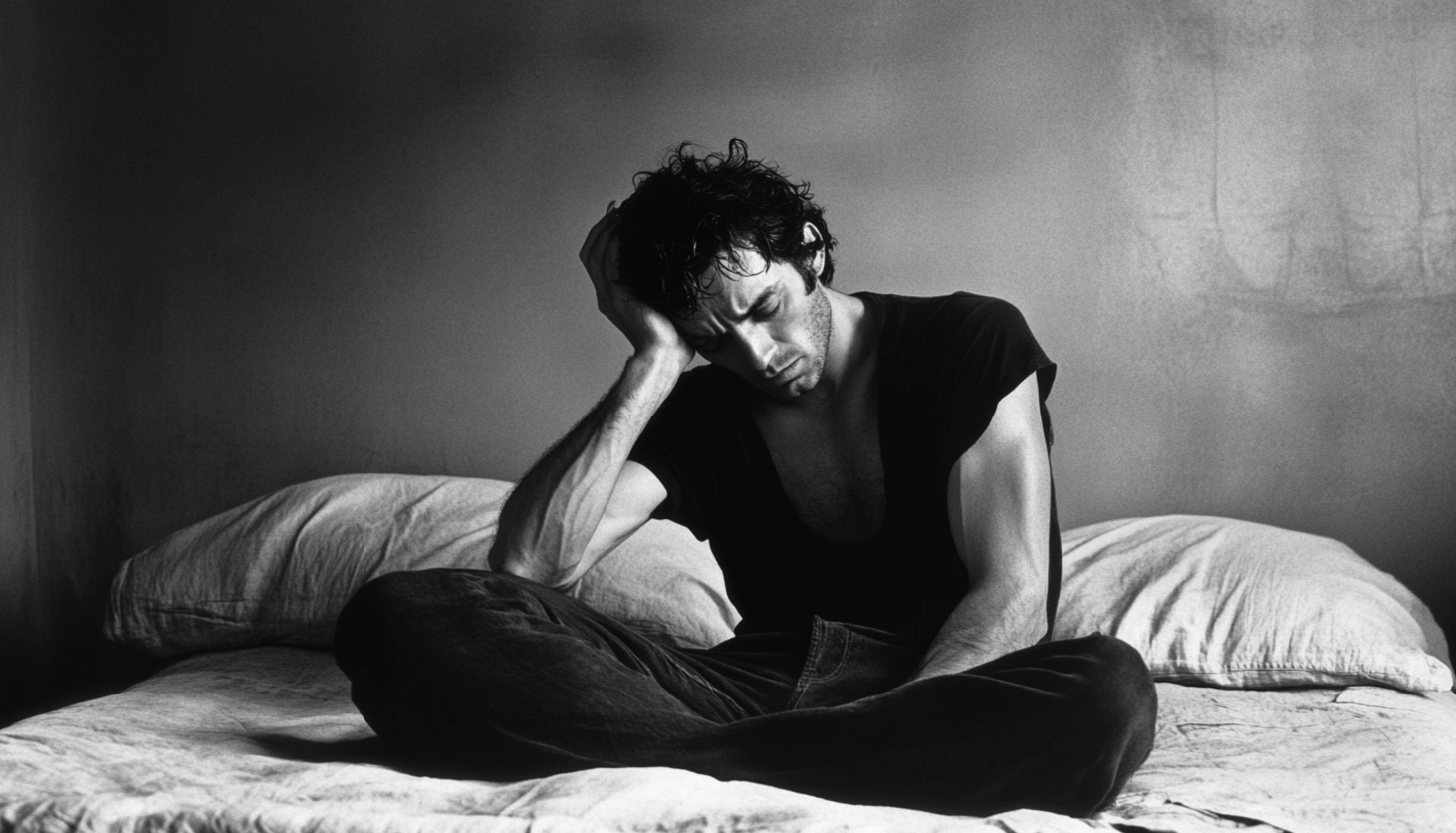
# 'Erectile disappointment' and why it's no big deal



In a recent article by Cleveland Scene, the topic of erectile challenges faced by men is explored in depth, with an emphasis on the psychological and societal pressures that contribute to what has been termed "erectile disappointment." According to research, nearly 50% of men will encounter difficulties with erections at least once in their lives, with these occurrences becoming more prevalent with age. The piece advocates for reframing the understanding of such incidents, asserting that they should not be viewed through the lens of dysfunction but rather as a common experience that many endure.

The article cites Chris Donaghue’s Medium piece entitled It’s No Dysfunction, Your Penis is Fine. Understanding 'Erectile Disappointment' as the origin of the term "erectile disappointment." This framing emphasises the feelings of disappointment and shame often associated with losing an erection, which can stem from toxic masculinity and a culture that pressures men to conform to rigid ideals of performance, virility, and emotional stoicism.

The author points out that societal norms dictate a narrow definition of masculinity that can adversely affect male sexuality, fostering anxiety around the act of sex itself. “Are you looking at sex as a performance?” the article asks, highlighting this mindset as a source of significant pre-sex anxiety. It further explains that the pressures of being 'good lovers' and ensuring mutual satisfaction can contribute to a cycle of anxiety that ultimately hampers sexual function.

Additionally, the piece suggests an essential step for men facing these challenges is to check their testosterone levels, as low testosterone can impact libido and the ability to become aroused. It encourages men to seek medical advice if needed, linking physical health to sexual performance.

In addressing the mental barriers associated with sexual performance, the article suggests techniques such as mindful masturbation, which involves focusing solely on one’s own sensations and bodily awareness, rather than relying on visual stimuli like pornography. This practice encourages men to connect with their sexuality on a personal level, which could alleviate pressure and improve confidence.

It also advocates using sexual lubrication during sex, as dryness can detract from the experience and add unnecessary physical pressure, suggesting that partnered sex generally involves more natural stimulation.

The importance of communication and vulnerability in sexual relationships is strongly emphasised throughout the article. Readers are urged to voice their desires and preferences, suggesting that such openness can enhance the overall sexual experience. The narrative closes with a reminder that losing an erection isn't a catastrophe; instead, it is a common occurrence that can be addressed calmly and with patience.

Overall, the Cleveland Scene article seeks to destigmatise the experience of erectile disappointment and encourage a more supportive and understanding approach to male sexuality.

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

## References

* <https://www.clevescene.com/> - This URL points to Cleveland Scene, an alternative weekly newspaper that covers local issues, arts, and lifestyle, including articles on sexual health and masculinity.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9119598/> - This PMC article discusses sexual dysfunction and its legal implications, highlighting conditions like erectile dysfunction, which are relevant to discussing erectile challenges faced by men.
* <https://medium.com/> - Medium is where Chris Donaghue's piece 'It’s No Dysfunction, Your Penis is Fine. Understanding 'Erectile Disappointment'' is likely published, providing insight into reframing erectile issues.
* <https://www.mayoclinic.org/diseases-conditions/low-testosterone/symptoms-causes/syc-20372625> - This Mayo Clinic link discusses low testosterone, a condition mentioned in the article as a potential factor affecting libido and arousal.