

Below are clear, practical steps and exercises you can try. These are written for an adult (20-year-old) and aim to help you get comfortable masturbating while wearing a condom and reduce anxiety about the sensation of semen. Go at your own pace — the goal is slow, predictable practice and more control over sensations and feelings.

## Safety and basics

- Only use condoms intended for penis use. Check the expiry date and the package for damage before opening.
- If you have a latex allergy, use polyisoprene or polyurethane condoms.
- Use a water-based or silicone lubricant with latex condoms. Do NOT use oil-based lubricants (they can weaken latex).
- If you're considering numbing/delay condoms (they contain a mild topical anesthetic like benzocaine), read instructions carefully and be aware numbing will reduce sensation. Don't use extra topical anesthetic creams unless advised by a clinician — they can irritate skin or damage some condom types.

## Condom handling: a short step-by-step

1. Open the packet carefully; avoid tearing with nails.
2. If the condom has a tip/ reservoir, pinch the tip to remove air and leave space for ejaculate.
3. Place the condom on the head of the erect penis and roll down all the way to the base. If it won't unroll, it may be on backwards — throw that one away and use a new one.
4. Add a small amount of water-based or silicone lube to the outside if you want less friction. You can also put a little lube on the inside of the condom tip before rolling on for more comfort — but be careful not to contaminate it with body fluids if you plan to use it later.
5. After ejaculation, hold the base of the condom while you pull out to avoid spillage. Tie or clamp the open end if you'd like, and dispose in a bin (do not flush).

## Exercises — gradual practice to build comfort

### 1) Sensory mapping (non-sexual, short sessions)

Purpose: map what you find pleasant, neutral, or unpleasant so you can plan around it.

1. Sit or lie down in a calm place. Have 5-10 minutes set aside so you don't rush.
2. Touch different non-genital textures (soft cloth, cool metal, warm water) and note how they feel — safe/pleasant/overwhelming?
3. Do short breathing practice: breathe in 4 counts, hold 2, out 6. This helps reduce anxiety later.

### 2) Wearing a condom without sexual stimulation

Purpose: reduce surprise or worry about the basic condom sensation.

1. Put on a condom as above while completely relaxed — no masturbation yet. This is just practice with the feeling of material against your skin.
2. Wear it for a short time — a few minutes at first — then take it off, dispose of it, and note what you noticed: Was it tight? Warm? Weird? Neutral?
3. Repeat over several days and slowly increase the time you wear it until it feels normal.

### 3) Masturbation with a condom — stepwise approach

Purpose: get used to combined sensations of touch plus condom. Go slowly and stop any time you feel overwhelmed.

1. Set up a predictable routine (same room, lighting, time). Autistic people often find predictability calming.
2. Put on a condom and maybe a small amount of lube on the outside for reduced friction.
3. Start with gentle stroking far from orgasm. Notice what the condom changes (less friction, different temperature).
4. Use the stop-start method: when you feel you are getting close to orgasm, stop stimulation, breathe until sensation subsides, then continue. Repeat several times. This helps control timing and reduces anxiety about sudden ejaculation/sensation.
5. When you feel ready to allow ejaculation, do so while keeping the condom on. Immediately hold the base while withdrawing and dispose of the condom.

### 4) If the main fear is the feeling of semen

Options and ideas:

- Understand that a condom collects semen so your skin doesn't get dirty — the semen stays inside the condom. If the idea of semen on your skin is the problem, remind yourself the condom prevents that.
- Try extra-thick condoms (sometimes labelled "extra safe" or "comfort thickness"). These reduce genital sensitivity and may make the feeling of ejaculation less intense.
- Try a delay/'desensitizing' condom with a mild anesthetic. This lowers sensation around the head and can make ejaculation feel less intense. Read product instructions and warnings first.
- Practice ejaculating while wearing the condom but don't look at it right away. Some people find separating the act of ejaculation from seeing or touching semen reduces anxiety. Dispose of the condom immediately.
- If the warm/flow sensation in the urethra is what worries you (a feeling inside the penis), you can focus on learning pelvic-floor relaxation and the stop-start technique so that muscle tension and the force of ejaculation can be moderated over time.

### 5) Sensory supports during practice

Make the environment calming and predictable:

- Soft lighting or a dimmer; consistent playlist or noise-masking headphones.
- Weighted blanket or firm pillow if that helps grounding and reduces anxiety.
- Short written script you can follow so you don't have to decide in the moment (e.g., Step 1: wear condom 2 minutes; Step 2: gentle strokes 5 min; Step 3: stop-start 3 rounds).

## Techniques to manage anxiety and sensations

- Breathing: slow, diaphragmatic breathing reduces sympathetic nervous activity (panic/anxiety).
- Grounding: name five things you can see, four you can touch, three you can hear — helps if anxiety becomes intense.
- Labeling sensations: quietly name what you feel ("warm," "tight," "pressure"). Labeling can reduce distress through cognitive distancing.
- Gradual exposure: don't force ejaculation. Build comfort across multiple shorter sessions before trying a full session.

## When to get extra help

If the fear stays strong, causes panic attacks, or stops you from doing everyday things, consider professional support:

- Sex therapist or therapist with experience supporting autistic adults and sexual concerns.
- Sexual health clinics or community clinics can give practical, confidential advice and sometimes show products that might help.
- If you think medication (for anxiety) or other medical options might help, speak with a primary care doctor or psychiatrist.

## Quick recap / practical checklist

1. Choose the right condom (size, material, maybe extra thickness or delay type).
2. Practice wearing a condom without stimulation first.
3. Use lubricant to reduce friction and increase comfort.
4. Practice stop-start to gain control and reduce surprise during ejaculation.
5. Use calming/ predictable sensory supports (lighting, music, weighted item).
6. Dispose of condom immediately; remember semen stays inside.
7. Get professional support if anxiety remains high.

If you want, tell me which sensations feel worst (tightness, warmth, texture, sight) and I can suggest a more tailored step plan and scripts you can use during practice.