



CLIENT CASE STUDIES

Five men. Five transformations.

What actually changed, how long it took, and what they said about it afterwards. In their own words, with their permission.

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From anxiety and a broken marriage to control, confidence and a wife who came back

Client: Emir, 38

Work: Freelance software engineer

Time with me: 2 months

WHERE HE STARTED

Emir came to me in the middle of the hardest stretch of his life. His wife had left him and moved back to her home country, leaving him to raise their two children alone. He was carrying the house, the kids and his work by himself, and underneath all of it was a level of anxiety he couldn't shake.

In his relationship he had always taken the passive role. His wife had told him plainly that she wasn't satisfied with their sex life. He finished in about five minutes. His confidence was gone, and the anxiety made everything worse, which made the sex worse, which fed the anxiety. He described it as having lost control of his own life.

WHAT WE WORKED ON

- **Control first.** Targeted techniques and daily practice so he could read his own arousal and steer it instead of being carried by it.
- **Masculine confidence.** Getting his own authority back inside the relationship instead of waiting for permission.
- **Anxiety.** This was tied directly to the sexual problem, so we treated them together rather than separately.
- **The body.** He lost weight and got back in shape, which fed his confidence in bed and everywhere else.

WHERE HE ENDED UP AFTER TWO MONTHS

- Intercourse went from about five minutes to thirty. His wife, who had been unsatisfied, started having multiple orgasms in a single session.
- His confidence climbed as his control did. He said he felt like a bull, full of energy again.
- His wife came back. The intimacy between them reached a level they hadn't had before, and they rebuilt the marriage.
- The anxiety dropped away. He became calmer and more decisive, which showed up in his work as much as at home.

"Dear Fatih, meeting you during one of the hardest periods of my life, when I was fighting anxiety, was a turning point. Under your guidance I changed my life completely. My sexual performance and my pleasure doubled. Intercourse that used to last five minutes now lasts thirty. Even after my wife has come three times, I can finish sex without ejaculating. I felt like a bull at the end of it. Psychologically, my confidence went up. I became calmer, more stoic, more decisive, and the decisions I make at work have improved my business enormously. I'm grateful for your presence and your support."

Emir · 38 · Software Engineer

WHAT THIS ONE SHOWS

Sexual performance and emotional health are not two separate projects. Emir's case is the clearest example I have of what happens when you stop treating them separately. If you're dealing with anxiety, sexual difficulty or a collapse in confidence, that combination is exactly what responds to this work.

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CASE STUDY

The lawyer who'd hit a wall with every method he tried

Client: Anonymous, 46

Work: International banking law

Time with me: 6 weeks

WHERE HE STARTED

A successful career and a family life he was happy with, and underneath it two problems he couldn't solve on his own: he finished too early, and his temper had a short fuse. The first was hurting his sex life. The second was showing up in traffic and at work.

He had tried other methods before me. Each attempt ended the same way, and each failure landed harder than the last one. By the time he found me it had turned into something closer to trauma than a performance issue.

WHAT WE WORKED ON

- **Ejaculation control.** The specific techniques for extending time and taking back the decision.
- **The nervous system.** Breathwork and practices that raise vagal tone, which is what actually sits underneath both the finishing early and the temper.

WHERE HE ENDED UP

- Major gains in stamina within six weeks. He described the result as a dream coming true.
- Noticeably calmer in the situations that used to set him off, traffic and work included.

"My core problem was finishing early. It had turned into trauma for me. I'd tried different methods and different routes before, and every time I hit a wall. Every crash was more traumatic than the one before it. Then my path crossed with Fatih's. We've been on this journey together for six weeks. Let me say this clearly: the change I feel in myself is the difference between the moon and the sun. Even my wife noticed the difference in my performance. Sex that lasted seconds started lasting minutes. Building on it a little more every day, and the pleasure I get just from breathing, is a completely different feeling. In a place where I'd run out of hope, my dreams started growing again with Fatih. More than anything, I notice I've become more alpha. I can sum up six weeks in three words: it came true."

Anonymous · 46 · Banking Law

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CASE STUDY

From a few seconds to ten minutes, in under a month

Client: Anonymous, 23

Work: Software engineer

Time with me: 6 weeks

WHERE HE STARTED

This was the most severe case in this collection. He was finishing in under five seconds, sometimes just from kissing. He had already been to other specialists and tried a range of methods. Nothing had produced any real change, for him or his partner.

WHAT WE WORKED ON

- **A custom approach.** Nothing off a template. The program was built around how his body specifically was responding.
- **Direct work on the severity.** Practices aimed precisely at the extreme end of the problem rather than general advice.

WHERE HE ENDED UP

- In under a month he went from a few seconds to staying inside his partner for ten minutes and longer.

- His partner started having multiple orgasms, which shifted him into finishing only once she already had.
- The result went past what he expected and past what he'd been told was possible for him.

"At the start I was finishing just from kissing, but that doesn't happen anymore, I can control it. The exercises genuinely worked, thank you. I can stay inside my partner for a long time now. Oral sex used to last one or two seconds, and now it easily goes ten minutes, and when my partner says come, I can let go and finish."

Anonymous · 23 · Software Engineer

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CASE STUDY

The disciplined 19-year-old who wanted more energy, not less

Client: Anonymous, 19

Work: Student

Time with me: 4 months of a 6-month program

WHERE HE STARTED

Not a man in crisis. He already trained regularly, boxed, and studied hard. He came to me because he wanted more: better output in the gym, better emotional control, and a stronger footing with women. His testosterone was already high and he wanted to push it further.

WHAT WE WORKED ON

- **Energy and performance.** Semen retention practices, applied properly, for a real gain in available energy and power.
- **Ejaculation control.** So sex became something he was steering rather than reacting to.
- **Confidence.** Approaching women from a grounded masculine place instead of a nervous one.
- **Emotional regulation.** Practical work on the short fuse.
- **Testosterone.** Which optimised itself as a side effect of the retention work.

WHERE HE ENDED UP

- Better results in the gym and in boxing, off the back of the extra energy.
- Real ejaculation control and far more satisfying sex.
- He approached women from a stronger place and his confidence followed.

- Significant improvement in managing his temper.
- Testosterone moved from roughly 800 to over 900.

"Tantra gave me a lot of experience in how to control and protect my energy. I can be energetic whenever I want, so I stopped needing caffeine. It taught me what's actually true in sexual life and helped me understand women far better. It gave me excellent confidence and it helped me solve my anger problems. I'm four months into a six-month program and I'll spend the rest of my life learning more about this. I think every man should do it, and the fact that so few people take an interest in it makes it more valuable."

Anonymous · 19 · Student

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CASE STUDY

Fifteen years of daily weed and porn, undone

Client: Anonymous, 42

Work: Personal development consultant and coach

Time with me: ongoing

WHERE HE STARTED

Fifteen years of daily weed and daily porn. It had produced anxiety around women, a steady decline in the quality of his relationships, and a career that had stopped moving. He works in personal development himself, which made the gap between what he taught and how he lived harder to sit with.

WHAT WE WORKED ON

- **Breaking the habits.** Replacing them with routines that hold, rather than relying on willpower.
- **Vision.** Building a future compelling enough to pull him forward, which is what actually sustains the change.
- **Relationship skills.** Working through the anxiety so he could build something real with women.

WHERE HE ENDED UP

- The anxiety around women dropped sharply. His relationships got healthier and more satisfying.
- He broke both the weed and the porn habit faster than either of us expected.
- A clear lift in his happiness, his sense of peace, and his quality of life overall.

If you recognised yourself in any of these

Five different men. Different ages, different problems, different starting points. What they have in common is that none of them fixed it with a pill, and none of them fixed it alone.

Every one of them started with a single conversation. Thirty minutes, free, completely confidential. You tell me what's going on and I tell you straight whether I can help. If I'm not the right person for you, I'll say so.

THIRTY MINUTES · FREE · CONFIDENTIAL

**Let's find out what's actually
going on with you.**

Start Your Journey Here

Names are used only where the client specifically asked for it. Everyone else appears anonymously. Results vary from person to person. This is coaching, not medical treatment.