

Prolonged Mutual Gratification

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Understanding Uses &
Gratification Theory

Prolonged Mutual Gratification: Cultivating Deeper Intimacy and Connection

Are you yearning for more than fleeting moments of physical intimacy? Do you crave a deeper, more meaningful connection with your partner that extends beyond the immediate? This blog post delves into the art of prolonged mutual gratification, exploring the strategies and mindset shifts necessary to cultivate lasting intimacy and enhance your relationship's overall satisfaction. We'll move beyond the mechanics to uncover the emotional and psychological elements that contribute to truly fulfilling sexual experiences.

Understanding Prolonged Mutual Gratification: It's More Than Just Time

Prolonged mutual gratification isn't simply about extending the duration of sexual activity. It's a holistic approach that prioritizes connection, communication, and mutual pleasure. It's about creating an experience that leaves both partners feeling deeply satisfied, emotionally connected, and profoundly fulfilled. This involves a conscious effort to cultivate intimacy, explore each other's desires, and prioritize shared pleasure over individual performance.

Building the Foundation: Communication and Emotional Intimacy

Before exploring techniques, it's crucial to establish a strong foundation of open communication and emotional intimacy. This is the bedrock upon which prolonged mutual gratification is built.

Open and Honest Communication:

Talking about desires: Don't shy away from discussing your fantasies, preferences, and boundaries. Be specific about what you enjoy and what feels uncomfortable.

Active listening: Truly listen to your partner's responses without judgment. Understanding their needs is as important as expressing your own.

Checking in regularly: Don't assume you know what your partner wants. Regularly check in throughout the experience to ensure both of you are enjoying yourselves.

Emotional Connection Beyond the Bedroom:

Quality time: Spending quality time together, outside of the bedroom, strengthens the bond and fosters emotional intimacy, which naturally translates to the sexual realm.

Acts of service and affection: Small gestures of kindness and affection throughout the day build a sense of connection and appreciation.

Shared experiences: Participating in activities you both enjoy creates shared memories and strengthens your bond.

Techniques for Prolonged Mutual Gratification

Now let's delve into practical techniques that enhance prolonged mutual gratification:

Foreplay: The Unsung Hero:

Don't underestimate the power of foreplay. It's not just a prelude; it's an integral part of the experience. Extend foreplay significantly, incorporating a variety of sensual touches, kisses, massage, and exploration. This allows both partners to build anticipation and emotional connection before engaging in intercourse.

Mindfulness and Presence:

Practice mindfulness during intimacy. Be fully present in the moment, focusing on the sensations, the connection, and the shared experience. Avoid distractions like your phone or racing thoughts.

Exploring Different Erotic Zones:

Discover and explore each other's erogenous zones. Experiment with different types of touch, pressure, and pace to find what both partners enjoy. Don't be afraid to try new things!

Varying the Pace and Intensity:

Avoid rushing. Build anticipation by varying the pace and intensity throughout the experience. Alternating between slow, tender touches and more intense stimulation can create a truly captivating experience.

The Importance of Non-Penetrative Sex:

Remember that prolonged mutual gratification doesn't solely depend on intercourse. Explore a wider range of intimate activities, including massage, kissing, cuddling, and mutual masturbation. These can be incredibly satisfying and contribute to a deeper sense of connection.

Embracing Vulnerability and Trust

Prolonged mutual gratification flourishes in an environment of trust and vulnerability. Allow yourselves to be open and honest with each other, both physically and emotionally. This vulnerability fosters a deeper connection and strengthens the intimacy you share.

Conclusion

Prolonged mutual gratification isn't a destination; it's a journey. It's about cultivating a deeper, more meaningful connection with your partner through open communication, emotional intimacy, and a willingness to explore and experiment. By prioritizing connection over performance and embracing vulnerability, you can unlock a level of intimacy that enhances both your individual and shared satisfaction. Remember, it's a collaborative effort, so be patient, communicate openly, and enjoy the process.

FAQs

1. What if one partner is always ready faster than the other? Open communication is key here. Discuss strategies like focusing on foreplay for the faster partner, or exploring non-penetrative activities to bridge the gap.
2. How do we overcome performance anxiety that might be hindering prolonged gratification? Focus on building confidence and reducing pressure. Prioritize connection over performance, and communicate openly about any anxieties.
3. Is prolonged mutual gratification achievable in all relationships? While it requires effort and communication, it's achievable in most healthy relationships. However, underlying issues may need

to be addressed first.

4. What if we have different levels of libido? This is common. Open communication and compromise are crucial. Focus on activities that both partners can enjoy, and be understanding of each other's needs and desires.

5. Are there resources available to help us improve our intimacy? Yes, many books, workshops, and therapists specialize in relationship counseling and sexual health. Don't hesitate to seek professional guidance if needed.

prolonged mutual gratification: The Presbyterian review and religious journal , 1843

prolonged mutual gratification: *American Illustrated Magazine* , 1928

prolonged mutual gratification: **Digest; Review of Reviews Incorporating Literary Digest** , 1928

prolonged mutual gratification: **American Magazine** , 1928

prolonged mutual gratification: *Ralph Cricklewood: a Twentieth Century Critical and Rational Exposé of Christian Mythology* Stephen Fitz-Stephen, 1909

prolonged mutual gratification: The Individual and Privacy Joseph A. Cannataci, 2016-12-05

The essays selected for this volume reflect the many paths followed to develop a new, more robust methodology (idMAPPING) for investigating privacy. Each article deals with the three dimensions of time, space and place by addressing a number of questions such as: who? Which individual? When? How? Is privacy viewed from the perspective of legal theory, or of information science? Or from the viewpoint of sociology, social psychology, philosophy, information ethics or data protection law? The reader is offered a multi-disciplinary overview of the subject, a mosaic made up of several snapshots taken at different times by different scholars with different points of view. The detailed introduction increases clarity in parts of the picture where the way that the pieces fit together may not be immediately apparent, and concludes by challenging internet-era fallacies. Taken together, the articles demonstrate an innovative approach to evidence-based policy-making, and show privacy scholarship at its best.

prolonged mutual gratification: People and Buildings Robert Gutman, 2017-07-12 There is at the present time a continuing interest in relating the behavioral sciences to design disciplines. Sociologists and social psychologists have been added to faculties of architecture schools, where they offer seminars and participate as programming specialists and design critics in studio courses. Behavioral scientists in many European countries have collaborated with architects and planners in design work undertaken by governmental ministries, and more recently have been participating in the work of private design firms. Similar developments are now common in the United States. In this fascinating study of the ecology of buildings, biologists, anthropologists, sociologists, psychologists, and architects analyze the effect of working and living spaces on human behavior. Focusing on such contemporary social problems as the influence of the physical environment on psychological stress, mental illness, family disorganization, urban violence, and delinquency, the contributors show that we must respect the constraints that the environment and the nature of man impose on human adaptability. The selections in *People and Buildings* have been written primarily by scientists and designers working in the behavioral mode. The selections within each part have been arranged to provide an ordered argument or exploration of the general topic with which the part as a whole deals. To facilitate the reader's appreciation of the argument, each selection is preceded by a short prefatory statement. In view of the fact that a single article or preface can hardly be representative of the depth of the literature that has developed around an argument, Gutman has included an annotated bibliography, which is keyed to the selections through the use of subheadings. A new introduction by Nathan Glazer has been prepared for this edition.

prolonged mutual gratification: Living Out Sexuality and Faith Joseph N. Goh, 2017-12-15

Sexuality, religion and faith often have complex and conflicting interactions, on both personal and societal levels. Numerous studies have been conducted on queer subjects, but they have predominantly focused on 'Western' expressions of faith and queer identities. This book contributes to the wider scholarship on queer subjects by drawing on actual lived experiences of self-identifying gay and bisexual men in Malaysia. It discusses what we can learn from the realities of their lives that intersect with their religious, spiritual, theological or humanistic values in an Asian context. Analysed within the critical frameworks of queer theory and queer sexual theology, this study divulges the meanings ascribed to sexual identities and practices, as well as conceptualisations of masculinity, sexual desire, love and intimate physical connections. It also lays bare the complex negotiations between gender, desire and spirit, and how they can affect one another. Tying fascinating case studies and underexplored Asian theologies with wider conversations around sexuality and faith, this book will be of significant interest to scholars working in religious studies, theology, queer studies, sexuality studies and Asian studies.

prolonged mutual gratification: Brands, Consumers, Symbols and Research Sidney J. Levy, 1999-08-11 This volume assembles all Sidney J. Levy's and his collaborators significant essays and studies in the field of marketing. His work includes marketing's role in management, how managers develop products and brands and how the marketplace is studied.

prolonged mutual gratification: Primary Love Randall S. Klein, 2010 This book describes love and intimacy as they evolve in the context of family relations from birth to maturity in adulthood. Dr. Klein's view of love and intimacy is that found in the ideal marriage and family, fully acknowledging that the pure and 'perfect' marriage and family does not exist.

prolonged mutual gratification: Child and Adult Development Calvin A. Colarusso, 2013-11-21 Developmental theory is the essence of any psychodynamic psychotherapy, and certainly of psychoanalysis. It is through an understanding of progressive life events, and the way these events relate to associated biological and social events, that we come to understand both psychopathology and psychological strengths. For a long time we have needed a clinically oriented book that surveys normal development in both childhood and adulthood. This book should be particularly helpful to all mental health professionals whose daily work requires a constant awareness and appraisal of developmental issues. Dr. Colarusso has integrated and summarized a tremendous amount of theoretical, empirical, and clinical material in a format that makes it come alive through clinical examples. This book should be of great interest to all students of human behavior as well as to seasoned clinicians. SHERWYN M. WOODS, M. D. , PH. D. vii Preface Each year as I gave a lecture series on child and adult development to the adult and child psychiatric residents at the University of California at San Diego, someone inevitably would ask, Is there a book that I could understand that has all of this information in it? I would reply that I did not know of any single source, but I could refer the person to many articles and books on development.

prolonged mutual gratification: Transforming the Workforce for Children Birth Through Age 8 National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23 Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then

makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

prolonged mutual gratification: The Concise Corsini Encyclopedia of Psychology and Behavioral Science W. Edward Craighead, Charles B. Nemeroff, 2004-04-12 Edited by high caliber experts, and contributed to by quality researchers and practitioners in psychology and related fields. Includes over 500 topical entries Each entry features suggested readings and extensive cross-referencing Accessible to students and general readers Edited by two outstanding scholars and clinicians

prolonged mutual gratification: Cystic Fibrosis Michael E. Fritz, 1973

prolonged mutual gratification: *The Marshmallow Test* Walter Mischel, 2014-09-23
Renowned psychologist Walter Mischel, designer of the famous Marshmallow Test, explains what self-control is and how to master it. A child is presented with a marshmallow and given a choice: Eat this one now, or wait and enjoy two later. What will she do? And what are the implications for her behavior later in life? The world's leading expert on self-control, Walter Mischel has proven that the ability to delay gratification is critical for a successful life, predicting higher SAT scores, better social and cognitive functioning, a healthier lifestyle and a greater sense of self-worth. But is willpower prewired, or can it be taught? In *The Marshmallow Test*, Mischel explains how self-control can be mastered and applied to challenges in everyday life -- from weight control to quitting smoking, overcoming heartbreak, making major decisions, and planning for retirement. With profound implications for the choices we make in parenting, education, public policy and self-care, *The Marshmallow Test* will change the way you think about who we are and what we can be.

prolonged mutual gratification: *The Freewoman* , 1912

prolonged mutual gratification: **Percy Bysshe Shelley** James Bieri, 2004 This volume ends after Shelley's important Swiss summer of 1816 with Byron. A latter volume will cover Shelley's Italian years, the circumstances of his death in 1822, and the subsequent lives of his intimates.--Jacket.

prolonged mutual gratification: People & Bldgs Robert Gutman, 1972-08-31 In this study of the ecology of buildings, biologists, anthropologists, sociologists, psychologists, and architects analyze the effect of working and living spaces on human behavior. Focusing on such contemporary social problems as the influence of the physical environment on psychological stress, mental illness, family disorganization, urban violence, and delinquency, the contributors show that we must respect the constraints that the environment and the nature of man impose on human adaptability.

prolonged mutual gratification: **Church and Society** Avery Cardinal Dulles, S.J., 2009-08-25 One of the leading theologians of our time, Avery Cardinal Dulles, S.J., has written and lectured on a wide range of topics across his distinguished career, and for a wide range of audiences. Integrating faith and scholarship, he has created a rich body of work that, in the words of one observer, is "both faithful to Catholic tradition and fresh in its engagement with the contemporary world." Here, brought together for the first time in one volume, are the talks Cardinal Dulles has given twice each year since the Laurence J. McGinley Lectures were initiated in 1988, conceived broadly as a forum on Church and society. The result is a diverse collection that reflects the breadth of his thinking and engages with many of the most important—and difficult—religious issues of our day. Organized

chronologically, the lectures are often responses to timely issues, such as the relationship between religion and politics, a topic he treated in the last weeks of the presidential campaign of 1992. Other lectures take up questions surrounding human rights, faith and evolution, forgiveness, the death penalty, the doctrine of religious freedom, the population of hell, and a whole array of theological subjects, many of which intersect with culture and politics. The life of the Church is a major and welcome focus of the lectures, whether they be a reflection on Cardinal Newman or an exploration of the difficulties of interfaith dialogue. Dulles responds frequently to initiatives of the Holy See, discussing gender and priesthood in the context of church teaching, and Pope Benedict's interpretation of Vatican II. Writing with clarity and conviction, Cardinal Dulles seeks to "render the wisdom of past ages applicable to the world in which we live." For those seeking to share in this wisdom, this book will be a consistently rewarding guide to what it means to be Catholic—indeed, to be a person of any faith—in a world of rapid, relentless change.

prolonged mutual gratification: *The Primacy of the Individual in Psychoanalysis in Groups* Alexander Wolf, Irwin L. Kutash, Candice Nattland, 1993
TABLE OF CONTENTS: Part 1: The Primacy of the Individual in the Group. 1 The Primacy of the Individual. 2 Kinds of Groups. 3 The Individual in the Group. Part 2: Clinical Practice. 4 Basic Principles. 5 Group Composition. 6 Issues in Group Development. 7 Resolution of Patients' Psychopathology. 8 Analysis of Transference. 9 Countertransference. 10 The Role of the Leader. 11 A Reappraisal of the Field. Part 3: Applications. 12 The Discriminating Use of Feelings. 13 Dealing with the Roots of Aggression. 14 Pathological Motivation. 15 Creativity and the Submerged Personality Disorder. 16 The Future.

prolonged mutual gratification: **Kama Sutra Seductions Deck** Sephera Giron, 2007-10-01
 Reawaken your desire by discovering the magic of Kama Sutra. Do you and your lover feel stuck in the same old sex routine, but aren't sure how to escape it? The Kama Sutra Seductions Deck is the answer to your pleas for passion. Featuring 64 cards, each containing an erotic pose from the sacred art of Kama Sutra, this take-anywhere deck is sure to bring you pleasure beyond your wildest dreams! On the front of each card, you'll find an illustrative photograph of a particular Kama Sutra pose—from the sultry Splitting of the Bamboo to the adventurous Tripod. On the back of each card, detailed instructions explain just how to maneuver into each position. Perfect for anyone looking to add some fiery flavor to the bedroom, The Kama Sutra Seductions Deck is your essential guide to prolonged ecstasy!

prolonged mutual gratification: **Index-digest to the Montreal Law Reports Arranged in the Alphabetical and Chronological Order** , 1905

prolonged mutual gratification: *The Stranger from Ionia* William Patrick Kelly, 1911

prolonged mutual gratification: *The Origins of Group Psychoanalysis* Harold I. Kaplan, Benjamin J. Sadock, 1972

prolonged mutual gratification: **Dwight's Journal of Music** , 1867

prolonged mutual gratification: *The Montreal Law Reports* Québec (Province). Court of King's Bench, 1889

prolonged mutual gratification: *The Montreal Law Reports* James Kirby, 1905

prolonged mutual gratification: *Social Psychology and Everyday Life* Billy J. Franklin, Frank J. Kohout, 1973

prolonged mutual gratification: *Serendipity in Berkeley* Kay C. Beerman, 2019-12-27
 Dashing detective Sam Crawford has been looking for love in all the wrong places. After having rescued the love of his life in a tragic accident ten years ago, she disappeared without a trace. However, when a baffling murder investigation lands on his doorstep, things seem ready to drastically change. Alluring medical examiner Alex Wallace has been trying to fill the empty void which has existed in her life for years. A decade earlier she was saved from certain death by a fearless patrol officer. Since that moment in time she has been fruitlessly trying to reconnect with her handsome hero who had been whisked off to the burn unit in the blink of an eye. The Law of Serendipity has a way of appearing at the most fortuitous of times. When the lost soulmates are finally reunited as the result of a mysterious murder, sparks begin to fly and a smoldering fire and passion reignites. However,

this is no simple killing they are investigating. It is part of a much larger and devious criminal plot which has tentacles reaching seemingly everywhere. It is leaving a path of destruction in its wake... and the pair and their lost love may very well be the next casualties.

prolonged mutual gratification: Comprehensive Group Psychotherapy Harold I. Kaplan, 1971

prolonged mutual gratification: History of the Berwickshire Naturalists' Club Berwickshire Naturalists' Club, 1899

prolonged mutual gratification: Essentials of Nervous Disease and Insanity John Cargyll Shaw, 1904

prolonged mutual gratification: Essentials of nervous diseases and insanity John C. Shaw, 1904

prolonged mutual gratification: Attachment, Trauma, and Healing Michael Orlans, Terry M. Levy, 2014-06-28 Now in a fully updated and expanded edition, Levy and Orlans' classic text provides a comprehensive overview of attachment theory, how attachment issues manifest, and how they can be treated. The book covers attachment-focused assessment and diagnosis, specialised training and education for caregivers, treatment for children and caregivers and early intervention and prevention programmes for high-risk families. The authors explain their unique models of 'corrective attachment therapy' and 'corrective attachment parenting', and provide practical guidance on goals and techniques for clinicians who work with maltreated and attachment disordered children and families. This second edition incorporates advances in the fields of child and family psychology that have occurred since the book first published in 1998, with substantial new sections on interpersonal neurobiology, adult and couple treatment, the application of positive psychology. Clear, authoritative and skills-oriented, this is the essential guide to attachment for psychologists, social workers, clinicians, as well as foster and adoptive parents.

prolonged mutual gratification: Introduction to Sociology James J. Teevan, Warren Edward Hewitt, 1995

prolonged mutual gratification: The Christian Magazine , 1834 Includes the minutes of the Associate Reformed Synod of New York.

prolonged mutual gratification: Making Love Todd Gaffaney, Robert Johansen, 2012-02-26 Robert Johansen's and Todd Gaffaney's breakout book, Making Love - How to Create, Enjoy, and Sustain Intimacy, is a beautifully written, easy to understand, clinically proven concept that teaches the reader how he or she can create and sustain love for their partner. Making Love is an extremely important book for today's times, given that a staggering sixty-seven percent of couples married after 1990 are divorced. Ironically, marriage counselors divorce at the same alarming rate as the national average. While these failed relationship statistics are troubling, there is hope for a better tomorrow. Author's Johansen and Gaffaney's research evolved into a groundbreaking and clinically tested model that gives readers the tools to thrive in their marriage or relationship. What Other Doctors Have Said About Making Love: The authors have brought a refreshing and new perspective to the difficulties and complexities of the intimate relationship. Making Love offers a uniquely inspiring view on how partners can grow love for each other. I highly recommend it. - Sherry Lewis, PhD. LCSW Drs. Johansen and Gaffaney have devised a very powerful model for effectively intervening in couples lives to improve their intimacy. Their model reduces strife while teaching relating partners intimacy-building communication techniques. This book will benefit professional therapists and lay people alike. - Diana Haberland, M.A., Marriage and Family Therapist, Private Practice I had the great opportunity to put the principles contained in this book to a scientific test for my doctoral dissertation. The results of my research were very positive to say the least. But perhaps even more importantly, I have applied these principles with clients in my practice and have seen first hand how effective they are. By offering an organizing perspective on the complex data couples bring to therapy, the model reduces anxiety in clients and treating therapists. The model changes our traditional views on love and marriage. I strongly recommend it. - Ian T. Johansen, PhD, Clinical Psychologist, Private Practice, Author, Private Practice This book can change one's life. The

authors have lucidly presented profoundly simple principles that enable couples to understand their own needs, hear those of their partner, and work toward continued open and nurturing communication and fulfillment. My own professional and personal growth after thirty years as a psychologist continues to be informed by this landmark addition to the practice of couples therapy. - Lester Mindus, PhD, Private Practice

prolonged mutual gratification: Urbanman: the Psychology of Urban Survival John Helmer, Neil A. Eddington, 1973 Explains the concept of relative size by comparing the large and small characteristics of various objects, animals, and people.

prolonged mutual gratification: *History of the Berwickshire Naturalists' Club, Instituted September 22, 1831* Berwickshire Naturalists' Club (Scotland), 1899 Contains it's Proceedings.

prolonged mutual gratification: *Medications for Opioid Use Disorder Save Lives* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Medication-Assisted Treatment for Opioid Use Disorder, 2019-06-16 The opioid crisis in the United States has come about because of excessive use of these drugs for both legal and illicit purposes and unprecedented levels of consequent opioid use disorder (OUD). More than 2 million people in the United States are estimated to have OUD, which is caused by prolonged use of prescription opioids, heroin, or other illicit opioids. OUD is a life-threatening condition associated with a 20-fold greater risk of early death due to overdose, infectious diseases, trauma, and suicide. Mortality related to OUD continues to escalate as this public health crisis gathers momentum across the country, with opioid overdoses killing more than 47,000 people in 2017 in the United States. Efforts to date have made no real headway in stemming this crisis, in large part because tools that already exist—like evidence-based medications—are not being deployed to maximum impact. To support the dissemination of accurate patient-focused information about treatments for addiction, and to help provide scientific solutions to the current opioid crisis, this report studies the evidence base on medication assisted treatment (MAT) for OUD. It examines available evidence on the range of parameters and circumstances in which MAT can be effectively delivered and identifies additional research needed.

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