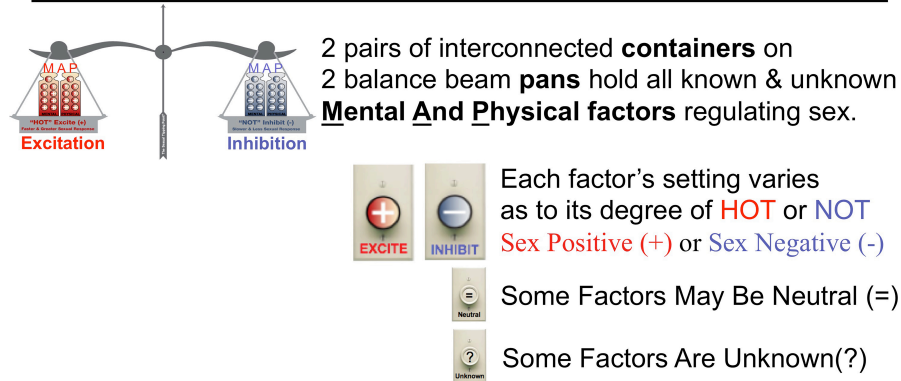
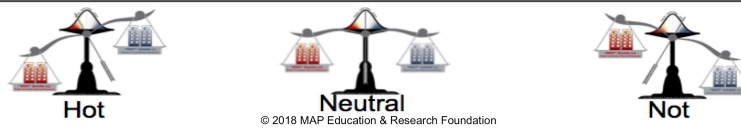


Understanding Sexual Balance: A Key to the Sexual Tipping Point® Variable Control Model

KEY TO THE SEXUAL TIPPING POINT® MODEL SYMBOLS



An individual's SEXUAL TIPPING POINT is displayed on a scale labeled with a Gaussian distribution curve; a dynamic representation of their sexual response at any moment in time.



The Sexual Tipping Point® Variable Control model illustrates whether a man or woman is “turned on or turned off,” with simultaneous capability of depicting all the complex multifaceted factors intrinsic to understanding sexual response. The Sexual Tipping Point® or STP, depicts the moment to moment interaction of a person’s constitutional sexual capacity with the biomedical- psychosocial and cultural factors that determine sexual their response. A person’s STP differs from one experience to another, based on the proportional impact of one factor dominating, as others recede in importance. The STP model can illustrate both the intra and inter-individual variability characterizing sexual response and its disorders for both men and women. Previously, the STP was labeled as one of a number of “Dual Control” models. Instead, it should be thought of as a “Variable Control” model. The above key will familiarize you with the STP model's graphic representations and its fundamental elements are summarized below.

Two pans labeled “**Excitation**” and “**Inhibition**” respectively each hold two pairs of interconnected containers. The containers are labeled “**M**” (**Mental**) and “**P**” (**Physical**), but are bridged together by an “**A**” (**And**), recognizing that the line between mental and physical has become progressively more porous with greater understanding of how thoughts become translated into biochemical/electrical components. The **Mental And Physical** containers hold all known exciting (+) and inhibiting (-) factors that influence a sex positive or sex negative response. Dimmer switches illustrate each of these billions of factors that are variably charged and with variable valence. Some additional factors may be neutral (=) and others are not yet discovered (?). **The STP is the net sum of all Mental And Physical factors, displayed on a balance scale labeled with a Gaussian (normal) distribution curve that spans from excitation to inhibition (or Hot to Not). So, each factor's dimmer switch setting contributes to the STP’s dynamic representation of any individual’s manifest sexual response at any moment in time.**

The STP is easily used to explain etiology and highlight treatment targets for patients. It helps healthcare clinicians disabuse patient’s erroneous binary beliefs. Clinicians can then instill hope through a simple explanation of how the problem’s causes can be diagnosed, parsed, and fixed.^{1,2,3}

¹ Perelman, MA (2009) The sexual tipping point: a mind/body model for sexual medicine. J. Of Sexual Medicine, 6 (3), 227–632. 2.

² Perelman, MA (2016) Why the Sexual Tipping Point® Model? Curr Sex Health Rpts 8(1), 39–46

³ Perelman, MA (2018) The Sexual Tipping Point is a Variable Switch Model. Curr Sex Health Rpts10: 38