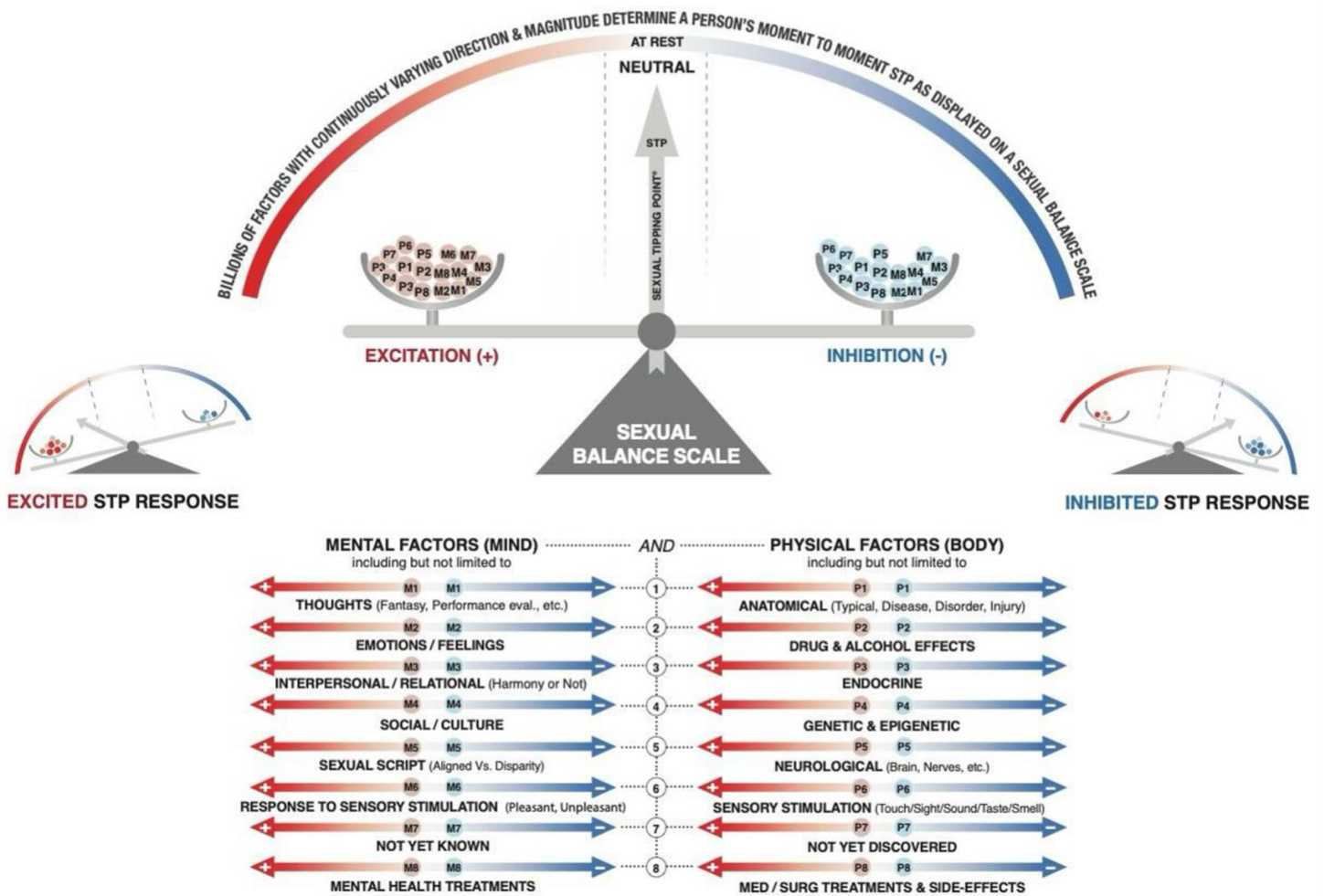


# THE SEXUAL TIPPING POINT® AN EXPANDED BIOPSYCHOSOCIAL MODEL



The **STP** model uses a **dynamic balance scale** with two arms labeled **excitation** and **inhibition** to represent the **billions of factors** that can influence a person's sexual response. These factors are shown as **sliders** on a **matrix** of potentially relevant **Mental** and **Physical** factors listed below the **Sexual Balance Scale**. Each **slider** moves along its axis based on its degree of **excitation** or **inhibition**, with changing **hues of red** indicating increasing **excitation** and **blue** indicating increasing **inhibition**. The **size of the slider** reflects the **magnitude or strength** of the **factor's contribution** to the sexual response. **Both inhibitory and excitatory processes can occur simultaneously, and the balance between these processes determines the overall sexual response.** The sliders are labeled "M" or "P" to indicate whether they refer to a **Mental** or **Physical** factor and **numbered** according to the factor they represent. **Numbered and lettered balls in the cups of the STP Balance Scale** indicate the polarity and strength of the sliders displayed in the matrix. The balance between the opposing forces of **excitation** and **inhibition** of all the sliders combined, represents an individual's **sexual tipping point**, and shows their **transitioning** between a sexual and/or non-sexual state. The **dots** separating the **Mental** and **Physical** sides within the matrix represent the **continuous link between the mind and body**. Some factors may be **neutral (=)** while others remain still **undiscovered (?)**. Disorders, diseases and/or injuries are indicated by the placement of the relevant sliders on various factor axes. Overall, the STP model provides a graphic and conceptual framework for understanding the complex interplay of mind and body factors that influence a person's sexual response. By identifying the factors that contribute to an individual sexual tipping point, the model can be used to guide personalized approaches to sexual health and well-being.<sup>1</sup>

1. Perelman, MA (2018) Sex Coaching for Non-Sexologist Physicians: How to Use the Sexual Tipping Point Model, J of Sex Medicine, 15(12)  
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