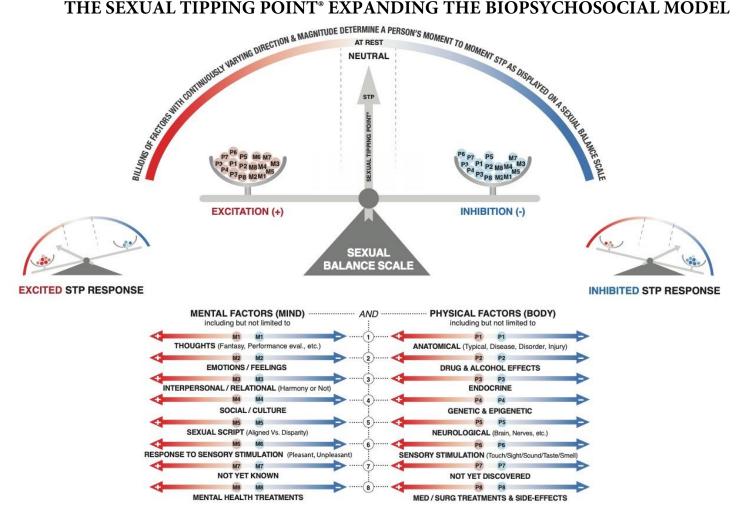
## THE SEXUAL TIPPING POINT® EXPANDING THE BIOPSYCHOSOCIAL MODEL



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 represented by sliders on a matrix of potentially relevant mental and physical factors listed below the 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 with an "M" or "P" to indicate whether they represent a mental or physical factor and numbered according to the factor they represent. The numbered and lettered balls in the cups of the STP balance scale represent the placement of the sliders on the balance scale. 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 undiscovered (?). The impact of disorders, diseases and/or injuries are shown by the placement of the sliders on various axes. Overall, the STP model provides a graphical and conceptual framework for understanding the complex interplay of mind and body factors that influence an individual's sexual response. By identifying the factors that contribute to a person's sexual tipping point, the model can be used to guide personalized approaches to sexual health and wellbeing. 1,2,3.

- <sup>1</sup>-Perelman, MA (2009) The sexual tipping point: a mind/body model for sexual medicine. J. Sex Medicine, 6 (3)227–632.
- <sup>2</sup> Perelman, MA (2018) The Sexual Tipping Point is a Variable Switch Model. Current Sexual Health Reports, 10: 38-43.
- 3. Perelman, MA (2018) Sex Coaching for Non-Sexologist Physicians: How to Use the Sexual Tipping Point Model, J of Sex Medicine, 15(12) © 2023 copyright and trademark registration owned by the MAP Education & Research Foundation (mapedfund.org)