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

KEY TO THE SEXUAL TIPPING POINT® MODEL SYMBOLS

This key to the Sexual Tipping Point® will familiarize you with this variable control model’s graphic representations. The Sexual Tipping Point® or STP, is the interaction of constitutional sexual capacity with various bio-psychosocial-behavioral and cultural factors. 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 key elements of the STP model 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 at a given moment in time. 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. Teaching the STP model to the patient and partner helps reduce despair and anger. A patient’s complaint might then evoke this response from their clinician: “It is not all in your head, nor is it all a physical problem.” Reciprocally, their partner can be taught the reasons the problem, “Is not all your fault, at all!”