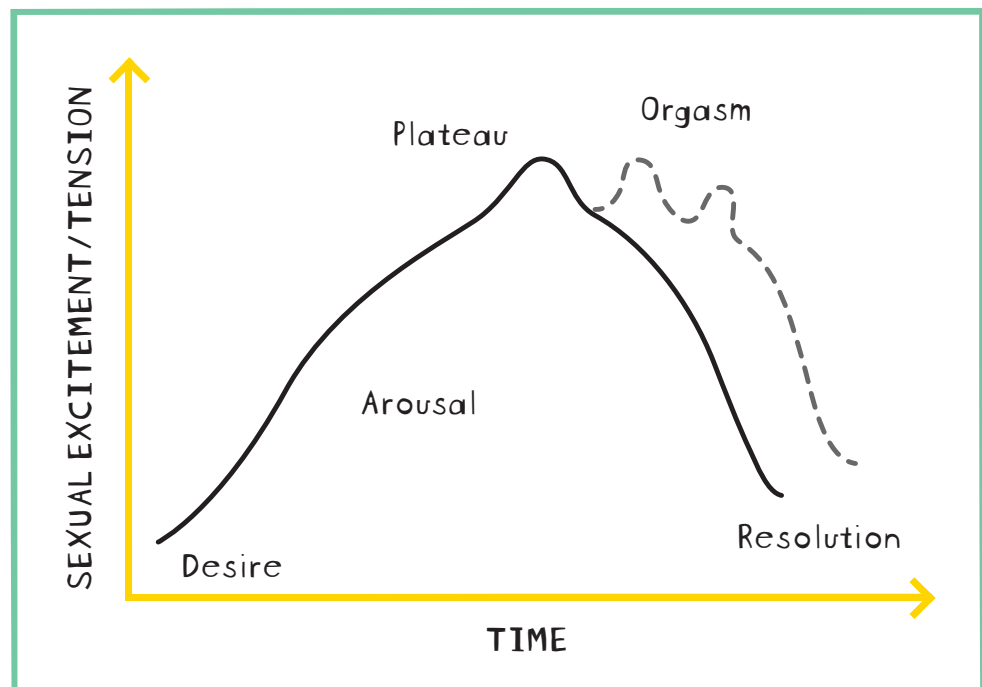


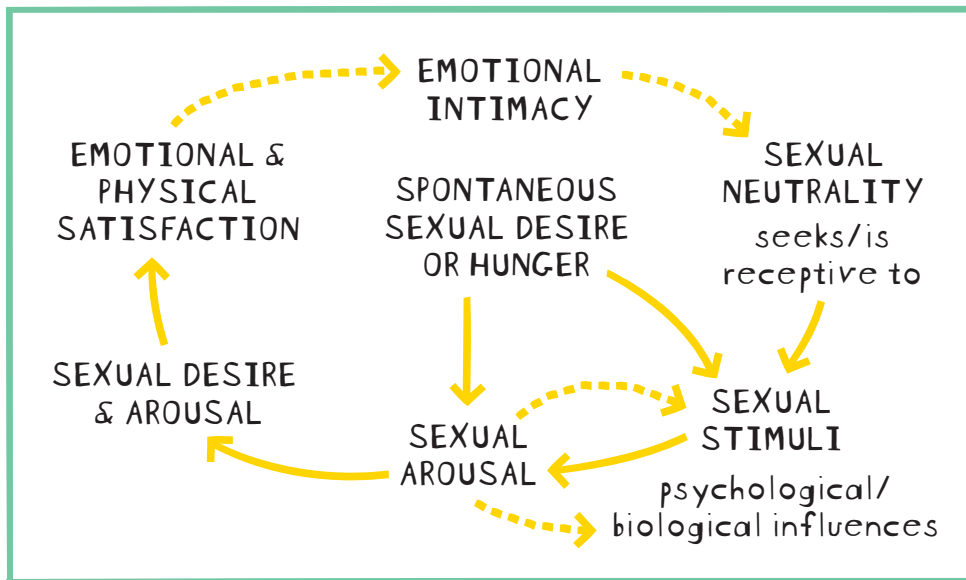
Models for Human Sexual Response

Scientists have come up with different ways of describing human desire, arousal, and pleasure. Here are two models and the definitions for some common words:

- **Desire:** the mental, emotional, and physical interest and motivation to engage in sexual activities.
- **Stimuli:** ideas, surroundings, and sensations that bring about arousal.
- **Arousal:** an increase of blood flow to the skin and the genital areas, leading to erection (clitoris, penis), vaginal lubrication, and increased heart rate.
- **Plateau:** when arousal stops increasing and remains about the same.
- **Orgasm:** a series of muscle contractions in the pelvic area and genitals followed by a feeling of release and/or ejaculation.
- **Resolution:** a resting period when sexual response is low.



Linear Model: Adapted from Masters WH, Johnson VE, Human Sexual Inadequacy. Little Brown; 1970.



Non-Linear Model: Basson, R. (2001). Human Sex-Response Cycles. *Journal of Sex and Marital Therapy*, 27: 33–43.

Why do you think there are different models for human sexual function and response?

1. If we only had the Linear Model, what aspects of sexuality would be left out?
2. The Linear model was first proposed in the 1960s and then updated over the years. The Non-linear model is from 2001. What other aspects of sexuality do you think could be added to updates?
3. What might be some psychological factors that affect sexual desire? What would make someone feel less sexual desire even if there is biological stimuli?
4. What does it mean if someone does not fit perfectly into one model or the other?