

Sexual Excitation System ("the accelerator")

Everyone's accelerator is uniquely sensitive. And it can vary depending on context.

For most people their accelerator fires up with a combination of:

- Love/ bonding
- Explicit or erotic cues
- Visual cues
- Romantic behaviours

Sexual Inhibition System ("the brakes")

Everyone's brakes are also unique. And most of the things that turn us "off" have *nothing to do with sex*:

- Feelings about our body
- Our reputation
- Feeling used by partner
- Feeling accepted
- Stress, mood
- Our sexual history

You were born entitled to all the pleasure your body can feel...Your pleasure belongs to you, to share or keep as you choose, to explore or not as you choose, to embrace or avoid as you choose.

~ Emily Nagoski

Dr. Lisa
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The Dual Control Model