

Language & Mindset Shape Our Relationship to Ourselves and How We Choose to Interact with Others.

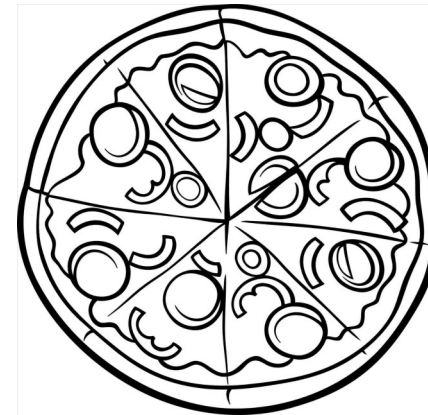
Choose a Framework that promotes a Healthy Perspective

- **Batter Up!**
- **Round the Bases!**
- **Play to Win!**

- **Am I hungry?**
- **What's your pleasure?**
- **Are you satisfied?**



V.S.



Goal-Directed

Sexist

Rule-Bound

Exclusive

Externally Controlled

Competitive

Heterosexist

Cooperative

Inclusive

Promotes Satisfaction

Communicative

Invites Exploration

Internally Controlled

Choice

Baseball/Pizza Model from the 2012 Ted Talk

Sex Needs New Metaphor

By **Al Vernacchio**

Consider the language you use or have become accustomed to?

How does language and or social norm impact what you *believe about sex, desire and pleasure?*

Pitcher/Catcher

First base, Second base, Third Base

Score or hit a home run

Strike out

Bench Warmer

Bat, Glove, Catcher's Mitt

Switch Hitter

Plays for the Other Team

