

1.

*What were the feelings I had the last time I held an infant? What was I saying to the baby with my hands?*

2.

*The last time I touched my mother or father on an occasion when I felt especially close to her or him, what was my touch saying?*

3.

*When I am holding hands on a date, what am I saying to the other person by this form of touching? What is my date saying to me?*

4.

*If I kiss someone goodnight after a date, what is the kiss saying?*

5.

*What am I saying by the way I kiss my parents and relatives on an ordinary day? What am I saying by the way I hug and kiss them after they have been away for a long time?*

6.

*What do I "hear" when someone holds my hand or kisses me?*

7.

*With people I feel close to, am I able to talk more freely and easily when I am touching them? Why or why not?*

8.

*When someone I am not familiar with touches me, how do I feel?*

**When someone touches me, I usually feel** (check one or more):

- uptight.
  - pleased
  - soothed.
  - close.
  - squeamish.
  - embarrassed.
  - nervous.
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**When I think of touching, I think of** (check one or more):

- a date.
  - dancing.
  - my parents.
  - grace at meals.
  - fighting.
  - a bath.
  - a game.
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**To me, holding hands on a date means:**

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