

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.

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.

To me, holding hands on a date means: