

Healthy Touch Choices

What kind of touch do you want an Abundance of...?

Relationship and Degree of Intimacy Levels

T-0 No Relationship
T-1 Public
T-2 Professional
T-3 Social
T-4 Friendly
T-5 Family
T-6 Special
T-7 Personal
T-S Sexual

Qualities

Affectionate
Attentive
Bonding
Caring
Cherishing
Comforting
Energizing
Esteeming
Healing
Intimate
Light-hearted
Loving
Nurturing
Playful
Relaxing
Respectful
Safe
Sensual
Sexual
Soothing
Tender
Warm

Engagement

Bathing
Caressing
Cuddling
Conversing
Dancing
Greeting
Handshakes
Holding
Kissing
Massaging
Napping
Nesting
Nibbling
Pampering
Puppying
Rocking
Silking
Smooshing
Snuggling
Spooning
Stroking