



PHYSICAL TOUCH

What is physical touch to you? : _____

What does physical touch mean to your partner or kids? _____

Does your definition of Physical Touch coincide with the important people in your life?? _____

How do you like to be touched? _____

How do you show your friends physical touch? _____

How do I show my children physical touch as a parent? _____

How do I show my partner physical touch ? _____

long distance physical touch

Hoodie with their perfume or cologne

Do an exercise challenge together

send a letter in the actual mail

describe how you want to hold them

But do in when you are together in person

*focus when together on a touch - hand holding,
or a kiss, whatever - then envision it together when
apart.*

