

So what feels comfortable and natural to you? Take the quiz below to identify your personal preferences. Write a ✓ or an X in the box for each touch that naturally fits that relationship.

RELATIONSHIP →	PARENT	SIBLING	GRAND-PARENT	OTHER FAMILY MEMBER	FRIEND	GIRLFRIEND OR BOYFRIEND	STRANGER
TOUCH ↓							
HUG							
KISS ON THE CHEEK							
KISS ON THE LIPS							
BACK RUB							
FOOT MASSAGE							
PAT ON THE BACK							
WRESTLING							
HIGH FIVE							
SITTING CLOSE							
HOLDING HANDS							
HANDSHAKE							