Touch Buckets Worksheet

Check the boxes that define what each kind of touch means for you. There is room for you to add more kinds of touch to your list. Print two copies and ask your partner to fill it out too. Then exchange your pages to help each other better understand how you love to be touched.

	Love It	Platonic	Soothing	Affection	Sexual	Nope
Holding hands						-
Holding hands w/fingers entwined						
Good morning kiss/text						
Good night kiss/text						
Welcome home kiss						
Forehead kisses						
Kiss on the lips						
Blowing kisses						
Neck kisses						
Making out						
Quick hug						
Long hug						
Hug from behind						
A hug while cooking						
Welcome home hug						
Hand massage						
Rubbing shoulders						
Back massage						
Gentle massage						
Deep tissue massage						
Back scratches						
Foot rubs						
Running fingers through hair						
Pulling hair						
Sitting close						
Sitting on your lap						
Cuddling w/clothes on						
Cuddling naked						
Spooning						
Showering together						
Dancing						
Tickling						
Pinching						
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