



# *The Power of Touch*

The exercise for today is to connect on the love language of physical touch. Touch helps to reduce stress, build deep connections, and activate the love hormone (oxytocin).

## Instructions:


**Step 1:** Start by creating a space for each other. A space that holds respect, boundaries, and agreement.

**Step 2:** Independently write down 3 ways you would like to receive physical touch.

### Partner A:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Partner B:

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
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**Step 3:** Give your partner time to read your response. Use this space to read and reflect internally. Consider how you feel about what your partner has written down.

**Step 4:** One at a time, share your response to the following questions:

- The love language of physical touch provides me with...
  - When I receive physical touch from you I feel...
  - When I receive physical touch from you I think about...
  - When I ask you for physical touch I feel and think...
  - When I provide you with physical touch I feel...
  - When I provide you with physical touch I think...
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**Step 5:** At this point, you have provided responses to each other. Now I want each to provide the other with responses the following:

- Reading your list of physical touch made me feel...
- This exercise makes me feel...
- This exercise causes me to think about...
- Reading your list of physical touch made me think...
- Hearing what you receive from physical touch lets me know (X) about you.
- Hearing what you receive from physical touch lets me know that the absence of it impacts you in (X) way.
- Hearing what you receive from physical touch lets me know that the absence of it impacts the relationship in (X) way.



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**Step 6:** If you both feel comfortable, give each other a full 60-second hug. Hold each other as if it were your last time. Allow the hug to be a space of love, safety, protection, and comfort.

What to do next...

The activity can be used on an ongoing basis. You can replace physical touch with any of the 5 love languages.

