**TOUCH & EYE CONTACT**

Positive and Negative Associations to Touch

|  |  |
| --- | --- |
| **Positive**  | **Negative** |
| Safety | Fear |
| Caring | Controlling |
| Warmth | Out of control |
| Soothing | Pain |
| Love | Awkward |
| Pleasure | Numb |
| Relaxation | Tense/anxiety |
| Fun | Guilt |
| Softness | Startle response |
| Good Memories | Bad memories |
| Comfort | Discomfort |
| Normal | Weird |
| Help | Danger |
| Connection | Confusion |
| I’m Worth touching | What does this mean? |
| Calming | Jumpy |
| Indulgence | Is this proper? |
| Massage | Uptight |
| Deep breathing | Holding breath |
| Good mother | No mother, bad |
| Good father | No father, bad |
| Sensuality | Boring |
| A worthwhile activity | A waste of time |
| Good sexual memories | No sexual memories |
| *EXERCISE IN SEX SMART BY ALINE ZOLDBROD,1998* |  |