

## Adult Emotional Touchpoint Profile (Life Series)

Within each group, rate the sentence 1 to 6 according to what would make you feel most appreciated and loved by a family member or close friend. The number 6 represents what is most meaningful and affirming; number 1, represents what is least meaningful. (No individual grouping can have a number repeated twice.) Some questions distinguish between male and female. Answer those questions according to your gender.

### Group One

- A \_\_\_ Your spouse/friend tells you with all sincerity how much he or she appreciates the quality job you did for them.
- B \_\_\_ Your spouse/friend unexpectedly does something in or around the house or your room that you appreciate.
- C \_\_\_ Your spouse/friend brings you a surprise gift from the store.
- D \_\_\_ Your spouse/friend invites you to go on a leisurely walk just to chat.
- E \_\_\_ Your spouse/friend makes a point to embrace you before leaving the house.
- F \_\_\_ Your spouse/friend (female) brings your favorite flowers, during a time when you could use some encouragement. Your friend (male) stops by just to see how your doing after you had a discouraging week.

### Group Two

- A \_\_\_ Your spouse/friend tells you how much he or she appreciates you.
- B \_\_\_ Your spouse/friend (male) volunteers to do the dishes and encourages you to relax. Your spouse/friend (female) volunteers to wash your car and encourages you to relax.
- C \_\_\_ Your spouse/friend (male) brings you flowers, just because he cares. Your spouse/friend (female) brings home a food treat from the local bakery.
- D \_\_\_ Your spouse/friend invites you to sit down and talk about your day.
- E \_\_\_ Your spouse/friend gives you a hug even when you are just passing by room to room.
- F \_\_\_ A spouse/friend (male) buys you the exact bracelet the two of you were talking about on a previous occasion. A spouse/friend (female) buys the exact tool missing from our workbench, that the two of you were talking about a week earlier.

### Group Three

- A \_\_\_ Your spouse/friend shares publicly during a party about a recent success you had.
- B \_\_\_ Your spouse/friend cleans out your car.
- C \_\_\_ Your spouse/friend surprises you with an unexpected gift.
- D \_\_\_ Your spouse/friend surprises you with a special afternoon trip.
- E \_\_\_ Your spouse holds your hand as you walk through the mall or stands by your side with an arm around your shoulder at a public event.
- F \_\_\_ Your spouse/friend picks up one of your weekly responsibilities, after hearing how busy your week is.

### Group Four

- A \_\_\_ Your spouse/friend praises you about one of your special qualities.
- B \_\_\_ Your spouse/friend brings you breakfast in bed.
- C \_\_\_ Your spouse/friend surprises you with a special membership to a club gym, or organization you always wanted to become part of.
- D \_\_\_ Your spouse/friend plans a special night out for the two of you.
- E \_\_\_ Your spouse/friend sits next to you on the couch to watch your favorite television show, even though they don't care for it.
- F \_\_\_ Your arms are filled with grocery bags. The stranger coming toward the entrance rushes forward to open the door for you.

### Group Five

- A \_\_\_ Your spouse/friend shares a report from a mutual friend of how much you blessed them in a moment of need.
- B \_\_\_ Your spouse/friend takes the time to fill out the long-complicated applications that you had hoped to get to this evening.
- C \_\_\_ Your spouse/friend sends you something special through the mail.
- D \_\_\_ Your spouse/friend kidnaps you for lunch and takes you to your favorite restaurant.
- E \_\_\_ Your spouse/friend gives you a back rub.
- F \_\_\_ You casually mention to a long-distance acquaintance the battery of blood test your mother is about to go through. Three months later, you see your friend and they inquire about your mom's health.

Group Six

- A \_\_\_ Your spouse/friend sends an impromptu text-message, "You are loved."
- B \_\_\_ Your spouse/friend knew you were hoping to clean and polish your outside grill but couldn't find the time. He or she does it for you.
- C \_\_\_ Your spouse/friend bakes/buys your favorite specialty bread.
- D \_\_\_ Your spouse/friend joins you in the kitchen while you are preparing a meal.
- E \_\_\_ Your spouse/friend is intensely busy but takes time to call you to find out how your day is going.
- F \_\_\_ While working on a kitchen project, and your (spouse/friend offers to take the kids out for the day, so you can focus exclusively on the project.

(Transfer your scores from your test questions to the scoring profile below.)

Score Sheet

	Words	Service	Gifts	Time	Touch	Thoughtfulness
Group 1	A___	B___	C___	D___	E___	F___
Group 2	A___	B___	C___	D___	E___	F___
Group 3	A___	B___	C___	D___	E___	F___
Group 4	A___	B___	C___	D___	E___	F___
Group 5	A___	B___	C___	D___	E___	F___
Group 6	A___	B___	C___	D___	E___	F___
<b>Totals</b>	<b>A___</b>	<b>B___</b>	<b>C___</b>	<b>D___</b>	<b>E___</b>	<b>F___</b>

Write down your emotional touchpoints ranking from highest to lowest ranking.

- 1. \_\_\_\_\_ 4. \_\_\_\_\_
- 2. \_\_\_\_\_ 5. \_\_\_\_\_
- 3. \_\_\_\_\_ 6. \_\_\_\_\_