

Adult Emotional Touchpoint Profile (Life Series)
Created for Growing Families International

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 you're 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 (female) buys you the exact bracelet the two of you were talking about on a previous occasion. A spouse/friend (male) buys you 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 he (she) inquires 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___
Totals	A___	B___	C___	D___	E___	F___

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

- 1. _____ 4. _____
- 2. _____ 5. _____
- 3. _____ 6. _____