

Growing Kids God's Way
Adult Emotional Touchpoint Profile*

Within each group, rate each sentence, A-E according to what would make you feel most appreciated and loved by a family member or close friend. The number 5 represents what is most meaningful and affirming, while a 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.

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 your favorite treat from the local bakery.
- D ___ Your spouse/friend invites you to sit down and talk about your day.
- E ___ Your spouse/friend extends his or her arms to hug you each time you greet.

Group Three

- A ___ Your spouse/friend shares with others 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 close by your side at a public event.

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 membership to something you always wanted.
- 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.

Group Five

- A ___ Your spouse/friend tells you how much his or her friends appreciate you.
- 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.

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

Score Sheet

	Words	Service	Gifts	Time	Touch
Group 1	A___	B___	C___	D___	E___
Group 2	A___	B___	C___	D___	E___
Group 3	A___	B___	C___	D___	E___
Group 4	A___	B___	C___	D___	E___
Group 5	A___	B___	C___	D___	E___
Totals	A___	B___	C___	D___	E___

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

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