

5 Dimensions of Touch

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1

Affectionate Touch

- Not sexual
- Clothed
- Hugging
- Kisses
- Holding hands

1

Subjective Arousal

2

Sensual Touch

- Non-genital
- Any level of clothing
- Cuddles
- Massage
- Cradling

1-3

3

Playful Touch

- Genital & non-genital
- Semi-nude/nude
- Seductive dance/game

4-5

4

Erotic Touch

- Manual/oral/vibrator genital stimulation
- Can be orgasmic

6-10

5

Intercourse Touch

- Intercourse
- Genital stimulation
- Can be orgasmic

7-10

Reference: Barry McCarthy, Ph.D