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Comparing Landscapes & Sharing the Adventure

(From Chapter Five of *The Touch Crisis: Navigating the Tricky Terrain of Bringing Healthy Touch Back To Our Culture* by Dawn Bennett)

Chapter five provided a variety of examples of ways that different subcultures interact with touch. Being curious and compassionate about similarities and differences can facilitate good communication and healthy touch practices between individuals.

Exercise 1

Make a list of the cultures (i.e. subcultures, communities, organizations, groups, workplaces, etc.) in which you engage. Don't get hung up on the categories; however you want to label them is fine. This is just for bringing cultural clarity for yourself.

Who might you enlist to help you approach or create healthier touch in each of those cultures?
What may need to change?