

## The 12 Steps of Physical Intimacy

(Adapted from Desmond Morris and WAIT Training, [www.waittraining.org](http://www.waittraining.org))

1. Eye to Body
2. Eye to Eye (eye contact)
3. Voice to Voice (talking)
4. Hand to Hand (holding hands)
5. Hand to Shoulder
6. Hand to Waist (hug or slow dancing)
7. Face to Face (kiss)
8. Hand to Face



### Steps 9 - 12 Reserved for Marriage

9. Hand to Body Over Clothes
10. Touching Above the Waist
11. Touching Below the Waist
12. Sexual Intercourse