

Types of Hugs and Kisses

Hugs

1. The “Guy Hug” – This is not recommended for spouses. This is the one you see guys give each other. This is two arms around the upper back followed by two thumps (never more) on the back.
2. The “Side Hug” – This is when you come up beside your spouse with a one arm hug. Also known as the “Church Hug.”
3. The “Snuggle Hug” – This is that hug one of you gives the other as you snuggle together on the couch.
4. The “Hold Me Hug” – This is the long hold hug that provides comfort and reassurance.
5. The “Back Hug” – This is when you stand behind your spouse and put your arms around him or with your hands in the front. This one has two versions:
 - ① The PG version that means “I love you and like being near you.”
 - ② The X version which means “Let’s have sex.” This is only recommended if you know your spouse is in the mood and won’t be upset if you use it.
6. The “Hubba Hubba Hug” – This is the full hug, usually accompanied by a “Lip Lock” kiss that is part of the prelude to sex.

Kisses

1. The “Peck” - This is a quick kiss that often lasts about the same time as a snap of your fingers but can be as long as two seconds.
2. The “Tweener” - This is that three to ten second kiss that says, “I really love you and I don’t expect this to lead to sex.” (Thanks to Paul Faulkner for this definition)
3. The “Lip Lock” - This is that long protracted kiss full of passion. This one may not lead to sex either, meaning it doesn’t have to, and yet it is the one that is often the signal for, “I want to make love with you and this is part of the foreplay.”