

# The A.R.E. Questionnaire

*Answer the questions using a scale 0-10      0= Strongly Disagree      10= Strongly Agree*

Accessibility: From your viewpoint, how accessible is your partner to you?	
<ol style="list-style-type: none"> <li>1. I can get my partner's attention easily.</li> <li>2. My partner is easy to connect with emotionally.</li> <li>3. My partner shows me that I come first with him or her.</li> <li>4. I am not feeling lonely or shut out in this relationship.</li> <li>5. I can share my deepest feelings with my partner. He or she will listen.</li> </ol>	_____ _____ _____ _____ _____
<b>Total for Accessibility</b>	_____
Responsiveness: From your viewpoint, how responsive is your partner to you?	
<ol style="list-style-type: none"> <li>1. If I need connection and comfort, he or she will be there for me.</li> <li>2. My partner responds to signals that I need him or her to come close.</li> <li>3. I find I can lean on my partner when I am anxious or unsure.</li> <li>4. Even when we fight or disagree, I know I am important to my partner and we will find a way to come together.</li> <li>5. If I need assurance about how important I am to my partner, I can get it.</li> </ol>	_____ _____ _____ _____ _____
<b>Total for Responsiveness</b>	_____
Engagement: From your viewpoint, how positively, emotionally engaged are you with each other?	
<ol style="list-style-type: none"> <li>1. I feel very comfortable being close to and trusting my partner.</li> <li>2. I can confide in my partner about almost anything.</li> <li>3. I feel confident, even when we are apart, that we are connected to each other.</li> <li>4. I know that my partner cares about my joys, hurts, and fears.</li> <li>5. I feel safe enough to take emotional risks with my partner.</li> </ol>	_____ _____ _____ _____ _____
<b>Total for Engagement</b>	_____

*Adapted From Hold Me Tight  
Sue Johnson, Developer of Emotionally Focused Therapy*