

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?	
1. I can get my partner's attention easily. 2. My partner is easy to connect with emotionally. 3. My partner shows me that I come first with him or her. 4. I am not feeling lonely or shut out in this relationship. 5. I can share my deepest feelings with my partner. He or she will listen.	_____ _____ _____ _____ _____
Total for Accessibility	_____
Responsiveness: From your viewpoint, how responsive is your partner to you?	
1. If I need connection and comfort, he or she will be there for me. 2. My partner responds to signals that I need him or her to come close. 3. I find I can lean on my partner when I am anxious or unsure. 4. Even when we fight or disagree, I know I am important to my partner and we will find a way to come together. 5. If I need assurance about how important I am to my partner, I can get it.	_____ _____ _____ _____ _____
Total for Responsiveness	_____
Engagement: From your viewpoint, how positively, emotionally engaged are you with each other?	
1. I feel very comfortable being close to and trusting my partner. 2. I can confide in my partner about almost anything. 3. I feel confident, even when we are apart, that we are connected to each other. 4. I know that my partner cares about my joys, hurts, and fears. 5. I feel safe enough to take emotional risks with my partner.	_____ _____ _____ _____ _____
Total for Engagement	_____

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