

The A.R.E. Questionnaire

Rate your partner's A.R.E. toward you. Answer the questions using a scale from 0 - 5, where 0 = not at all true to 5 = completely true. Write your rating in the right column, and add up the total for each section.

Accessibility: From your viewpoint, how accessible is your partner to you?	(Rating 0-5)
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?	(Rating 0-5)
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?	(Rating 0-5)
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

The A.R.E. Questionnaire – PART 2

Rate your A.R.E. toward your partner. Answer the questions using a scale from 0 - 5, where 0 = not at all true to 5 = completely true. Write your rating in the right column, and add up the total for each section.

Accessibility: From your viewpoint, how accessible are you to your partner?	(Rating 0-5)
1. My partner can get my attention easily. 2. I am easy to connect with emotionally. 3. I show my partner he/she comes first. 4. My partner doesn't feel shut out in our relationship (the less shut out the higher your score). 5. My partner can share his/her deepest feelings with me and I will listen.	_____ _____ _____ _____ _____
Total for Accessibility	_____
Responsiveness: From your viewpoint, how responsive are you to your partner?	(Rating 0-5)
1. If my partner needs connection and comfort, I will be there. 2. I respond to signals that my partner needs me to come close. 3. My partner can lean on me when feeling anxious or unsure. 4. Even when we fight or disagree, my partner knows he/she is important to me and we will find a way to come together. 5. If my partner needs assurance about how important he/she is to me to, he/she can get it.	_____ _____ _____ _____ _____
Total for Responsiveness	_____
Engagement: Are you positively and emotionally engaged with each other?	(Rating 0-5)
1. My partner feels very comfortable being close to and trusting me. 2. My partner can confide in me about almost anything. 3. My partner feels confident, even when we are apart, that we are connected to each other. 4. My partner knows that I care about his/her joys, hurts, and fears. 5. My partner feels safe enough to take emotional risks with me.	_____ _____ _____ _____ _____
Total for Engagement	_____

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