

The A.R.E. Questionnaire¹

(Accessibility, Responsiveness, Engagement)

From your viewpoint, is your partner accessible to you?

- | | | |
|---|-------------|--------------|
| 1. I can get my partner's attention easily. | True | False |
| 2. My partner is easy to connect with emotionally. | True | False |
| 3. My partner shows me that I come first with him/her. | True | False |
| 4. I am not feeling lonely or shut out in this relationship. | True | False |
| 5. I can share my deepest feelings with my partner. He/she will listen. | True | False |

From your viewpoint, is your partner responsive to you?

- | | | |
|--|-------------|--------------|
| 1. If I need connection and comfort, he/she will be there for me. | True | False |
| 2. My partner responds to signals that I need him/her to come close. | True | False |
| 3. I find I can lean on my partner when I am anxious or unsure. | True | False |
| 4. Even when we fight or disagree, I know that I am important to my partner and we will find a way to come together. | True | False |
| 5. If I need reassurance about how important I am to my partner, I can get it. | True | False |

Are you positively emotionally engaged with each other?

- | | | |
|---|-------------|--------------|
| 1. I feel very comfortable being close to, trusting my partner. | True | False |
| 2. I can confide in my partner about almost anything. | True | False |
| 3. I feel confident, even when we are apart, that we are connected to each other. | True | False |
| 4. I know that my partner cares about my joys, hurts, and fears. | True | False |
| 5. I feel safe enough to take emotional risks with my partner. | True | False |

¹ Johnson, S., (2010). The Hold Me Tight Program Conversations for Connection: Facilitators Guide. Ottawa, Canada: International Center for Excellence in Emotionally Focused Therapy.

Results

Accessibility

If you scored **5 out of 5** you are able to get your partner's attention easily. Your partner is easy to connect with emotionally and you know that you are a priority for him/her. You feel connected and close to your partner and feel that you can share your deepest feelings with him/her and that he will attentively listen to you.

If you scored **4 out of 5** your partner is overall accessible and you feel as though you can send a signal and get contact more often than not.

If you scored **3 out of 5** you feel as though you and your partner are accessible to each more often than not. You experience in the relationship is that you either: 1) Put yourself out there sometimes, while other times you don't OR 2) Your partner is there for you sometimes, while other times they are not. Sometimes you feel close and other times you don't.

If you scored **2 out of 5** the accessibility in your relationship is moderately-low. The relationship seems emotionally closed more often than open. You tend to either not share all your feelings OR you are hesitant that your partner will not be there for you.

If you scored **1 out of 5** your experience in the relationship is that your partner is predominantly not accessible. Moreover, you either don't send a signal to him/her or you feel that you won't get contact.

If you scored **0 out of 5** you are unable to get your partner's attention. Your partner is difficult to connect with emotionally and you don't feel as though you are a priority for him/her. You feel distant and disconnected from your partner and do not feel you can share your deepest feelings with him/her because they will not be receptive to what you have to say.

Responsiveness

If you scored **5 out of 5** you know if you need to connect or need comfort he/she is there for you. Your partner is attuned to you and responds to your signals for closeness. You find that you can count on him/her to be there when you are unsure or scared. You know that despite having a disagreement, that you are important to him/her and there is hope to reconcile and get reconnected again. I easily receive reassurance about how valuable I am to my partner if I need it.

If you scored **4 out of 5** your partner is overall responsive and you feel as though your partner will respond and answer if you call him/her close. I feel secure and reassured in the relationship the majority of the time.

If you scored **3 out of 5** you feel as though you and your partner are accessible and a source of comfort to each more often than not. You experience in the relationship is that you sometimes miss each other's signals or are not always consistent in your responsiveness which can cause problems sometimes. It is sufficient, but could benefit from some attention to this area.

If you scored **2 out of 5** the accessibility in your relationship is moderately-low. You miss each other's signals most of the time and are unsure if you will get the comfort you seek. You tend to be self-sufficient and not rely on your partner for your emotional needs OR you are hesitant that your partner will not be receptive or understanding.

If you scored **1 out of 5** your experience in the relationship is that your partner is predominantly not responsive. Moreover, you either don't reach out for comfort because I don't feel reassured they will be there for me OR I perceive that I am not important to my partner.

If you scored **0 out of 5** you believe that if you need to connect or need comfort he/she will not be there for you. Your partner is not attuned to you and does not respond to your signals for closeness. You find that you can't count on him/her to be there when you are unsure or scared. When you have a disagreement, you are concerned that you will not be able to reconnect and doubt how important you are to him/her. If you need reassurance from your partner that they are important, there is no guarantee you will get it.

Engagement

If you scored **5 out of 5** you feel comfortable being close to and trusting your partner. You feel like you can confide in your partner about anything. Even when you are far apart you still feel connected. You know that your partner cares about your joys, hurts and fears. You feel safe to take emotional risks with your partner.

If you scored **4 out of 5** you and your partner are engaged with each other and feel close, open and trusting for the most part. You feel safe, secure and cared for and have emotional interaction with each other most of the time.

If you scored **3 out of 5** you feel as though you and your partner are engaged and share with to each other often enough, but sometimes keep in your feelings. You experience in the relationship is that you feel secure enough in the relationship to be vulnerable. It is sufficient, but could benefit from some attention to this area.

If you scored **2 out of 5** the engagement in your relationship is moderately-low. You sometimes question the level of closeness and connection in the relationship. You sometimes engage with your partner, while other times you retreat. Sometimes you get messages that he/she care while other times you get another message.

If you scored **1 out of 5** your experience in the relationship is that you and your partner are not engaged a predominant amount of the time. Moreover, you either don't confide in your partner, are unsure if your partner cares, OR don't take emotional risks.

If you scored **0 out of 5** you do not feel comfortable being close to or trusting your partner. You do not feel like you can confide in your partner about anything. You doubt that you are still connected when you are far apart. You don't feel confident that your partner cares about my joys, hurts and fears. You don't feel safe enough to take emotional risks with your partner.