

## A.R.E. QUESTIONNAIRE<sup>1</sup>

*Simply read each statement and circle T for true and F for false.*

### **From your viewpoint, is your partner accessible to you?**

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

### **From your viewpoint, is your partner responsive to you?**

1. If I need connection and comfort, he/she will be there for me. T F
2. My partner responds to signals that I need him/her to come close. T F
3. I find I can lean on my partner when I am anxious or unsure. T F
4. Even when we fight or disagree, I know I'm important to my partner and we will find a way to come together. T F
5. If I need reassurance about how important I am to my partner I can get it. T F

### **For your viewpoint, are you positively emotionally engaged with each other?**

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

*Score: Give one point for each "True" answer, then total.*

*If score is 7 or above, you are well on your way to a secure bond.*

*If you score below 7, it's time to focus on the steps to reconnection.*

*Reflection questions: 1) Does your partner's perception of how "A.R.E." you are fit your view of yourself and how safe the relationship is? (This is not about whether **you** are a perfect or imperfect partner; it is about how safe and connected **your partner** feels right now in the relationship).*

*2) Take turns talking about the question/answer that seemed most positive or important for you. Take five minutes each. Own your own feelings and stories behind them.*

*3) Take turns, if comfortable, try to explore the question or answer that seemed to bring up the most difficult emotions for you. This is a "tuning in" exercise for you and your partner (avoid being critical and blaming).*

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<sup>1</sup> Adapted from Dr. Sue Johnson's book, *Hold Me Tight: Seven Conversations for a Lifetime of Love*, pp.57-59.