**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*