

Conversations For Connection

The A.R.E. Questionnaire – How am I doing?

Answer the questions using a scale 0-10. 0 = not at all true. 10 = completely true.

Write number in right column – add up total for each section.

ACCESSIBILITY - from your viewpoint, how accessible are you to your partner?	
1. My partner can get my attention easily.	_____
2. I am easy for my partner to connect with emotionally.	_____
3. I show my partner that he/she comes first with me.	_____
4. My partner doesn't feel shut out in this relationship (the less shut out he/she feels - the higher your score).	_____
5. My partner can share his/her deepest feelings with me. I will listen.	_____
Total for accessibility	
RESPONSIVENESS - from your viewpoint, are you responsive to your partner?	
1. When my partner needs connection and comfort, I am there for him/her.	_____
2. I respond to signals that my partner needs me to come close to him/her.	_____
3. My partner can lean on me when he/she is 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 she/he is to me, I give it	_____
Total for responsiveness	
ENGAGEMENT - are you positively emotionally engaged with each other?	
1. My partner feels very comfortable being close to, 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 I care about his/her joys, hurts, and fears.	_____
5. My partner feels safe enough to take emotional risks with me.	_____
Total for engagement	