

The A.R.E. Questionnaire
(Accessibility, Responsiveness, Engagement)

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 shutout 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 that I am 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

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