

The A.R.E. Questionnaire

(Accessibility, Responsiveness, Engagement)

From your viewpoint, is your partner accessible to you?

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|---|---|---|
| 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 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 |

Give yourself one point for each item you marked "true." If you scored 7 or above, you are well on your way to a secure bond, and EFT can help you enhance your relationship. Below 7 means this is a time to focus on strengthening the bond with your lover.