

# Life Management Associates, LLC

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## **The A R E --Accessible Responsive Engaged Questionnaire**



# LIFE MANAGEMENT ASSOCIATES, LLC

## Emotionally Focused Therapy

### The A R E (Accessible Responsive Engaged) Questionnaire

This questionnaire is a great way to begin applying the wisdom of EFT to your own relationship. Answer the questions using a scale from 0 to 10, where 0 = not at all true. 10 = completely true. Write your rating in the right column and add up the total for each section

Rating [0 – 10]

Accessible: From your point of view, is your partner accessible to you?

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

Total for Accessibility: \_\_\_\_\_

Responsive: From your point of view, is your partner responsive to you?

1. If I need connection and comfort, he/she will be there for me? \_\_\_\_\_
2. My partner responds to signals that I need him/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 that I am important to my partner and we will find a way to come together? \_\_\_\_\_
5. I need reassurance about how important I am to my partner, I can get it? \_\_\_\_\_

Total for Responsiveness: \_\_\_\_\_

Engaged: Are you positively emotionally engaged with each other?

1. I feel very comfortable being close to, 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: \_\_\_\_\_

Here's one more question for you: Can you freely discuss this quiz with your partner?  
Circle one: Yes Or No