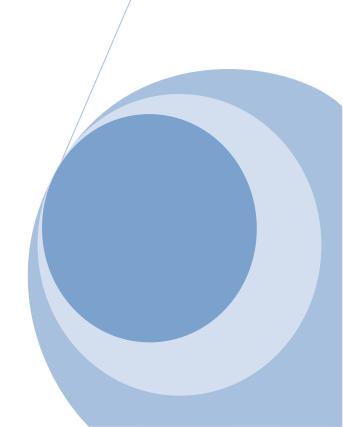


The A R E -- Accessible Responsive Engaged Questionnaire





LIFE MANAGEMENT ASSOCIATES, LLC

Emotionally Focused Therapy

The ARE (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]]

<u>4</u> cce	ssible: From your point of view, is your partner accessible to you?	
1.	Can I get my partners attention easily?	
	My partner is easy to connect with emotionally?	
	My partner shows me that I come first with him/her?	
	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:	
<u>R</u> esp	onsive: 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?	
	My partner responds to signals that I need him/her to come close?	
	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 way to come together?	we will find a
5.		
	Total for Responsiveness:	
<u>E</u> nga	ged: Are you positively emotionally engaged with each other?	
	I feel very comfortable being close to, trusting my partner? I can confide in my partner about almost anything?	
	I feel confident, even when we are apart, that we are connected to each other?	,
	I know that my partner cares about my joys, hurts, and fears?	
	I feel safe enough to take emotional risks with my partner?	
	Total for Engagement:	
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Here's one more question for you: Can you freely discuss this quiz with your partner? Circle one: Yes Or No