

The A.R.E. Questionnaire

Accessibility, Responsiveness, Engagement

Between _____ and _____ Date: _____

From your viewpoint, is your partner accessible to you? (0 = Never 5 = Always)

1. I can get my partner's attention easily? 0 . 1 . 2 . 3 . 4 . 5
2. My partner is easy to connect with emotionally. 0 . 1 . 2 . 3 . 4 . 5
3. My partner shows me that I come first in a primary relationship and before mundane things in a poly relationship. 0 . 1 . 2 . 3 . 4 . 5
4. I am not feeling lonely or shut out in this relationship. 0 . 1 . 2 . 3 . 4 . 5
5. I can share my deepest feelings with my partner. He/she will listen. 0 . 1 . 2 . 3 . 4 . 5

From your viewpoint, is your partner responsive to you?

6. If I need connection and comfort, he/she will be there for me. 0 . 1 . 2 . 3 . 4 . 5
7. My partner responds to gestures, expressions and requests that I need him/her to come close. 0 . 1 . 2 . 3 . 4 . 5
8. I can lean on my partner when I am anxious or unsure. 0 . 1 . 2 . 3 . 4 . 5
9. Even when we fight or disagree, I know that I am important to my partner and we will find a way to come together. 0 . 1 . 2 . 3 . 4 . 5
10. If I need reassurance about how important I am to my partner, I can get it. 0 . 1 . 2 . 3 . 4 . 5

Are you emotionally engaged with each other?

11. I feel very comfortable being physically close to my partner. 0 . 1 . 2 . 3 . 4 . 5
12. I feel very comfortable trusting my partner. 0 . 1 . 2 . 3 . 4 . 5
13. I feel very confident that I know how my partner feels about issues important to me. 0 . 1 . 2 . 3 . 4 . 5
14. I feel very confident that my partner shares how I feel about issues important to me 0 . 1 . 2 . 3 . 4 . 5
15. I can confide in my partner about almost anything. 0 . 1 . 2 . 3 . 4 . 5
16. I feel confident, even when we are apart, that we are connected to each other. 0 . 1 . 2 . 3 . 4 . 5
17. I know that my partner cares about my joys, hurts and fears. 0 . 1 . 2 . 3 . 4 . 5
18. I feel safe enough to take emotional risks with my partner. 0 . 1 . 2 . 3 . 4 . 5

A score of less than 80 is cause for serious discussion because you are hurting. Score _____/90

Important issues we need to work on include:

	Anger
	Rejection
	Fear
	Abandonment
	Criticism
	Expectations regarding:

	Goals
	Reliability
	Transparency (openness with honesty)
	Values
	Trust regarding
	Withdrawal

Notes: