




The Connection Questionnaire (A.R.E.)

This questionnaire helps you reflect on the emotional connection in your relationship.




For each question, rate the statement using a scale from 0 – 5, where 0 = not at all true and 5 = completely true.

Write your rating in the right column, and add up the total for each section.

PART 1: Rate your partner's A.R.E. toward you.

		Your Rating (0–5)					
		0	1	2	3	4	5
	Accessibility: From your viewpoint, how accessible is your partner to you?						
	1. I can get my partner's attention easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2. My partner is easy to connect with emotionally.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. My partner shows me that I come first with him or her.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4. I am not feeling lonely or shut out in this relationship.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5. I can share my deepest feelings with my partner. He or she will listen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total for Accessibility (out of 25)		_____					
	Responsiveness: From your viewpoint,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1. If I need connection and comfort, he or she will be there for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2. My partner responds to signals that I need him or her to come close.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. I find I can lean on my partner when I am anxious or unsure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4. Even when we fight or disagree, I know I am important to my partner and we will find a way to come together.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5. If I need assurance about how important I am to my partner, I can get it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total for Responsiveness (out of 25)		_____					
	Engagement: From your viewpoint, how positively, emotionally engaged are you with each other?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1. I feel very comfortable being close to and trusting my partner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2. I can confide in my partner about almost anything.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. I feel confident, even when we are apart, that we are connected to each other.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4. I know that my partner cares about my joys, hurts, and fears.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5. I feel safe enough to take emotional risks with my partner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total for Engagement (out of 25)		_____					

PART 2: Rate your A.R.E. toward your partner.

		Your Rating (0–5)					
		0	1	2	3	4	5
	Accessibility: From your viewpoint, how accessible are you to your partner?						
	1. My partner can get my attention easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2. I am easy to connect with emotionally.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. I show my partner he/she comes first.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4. My partner doesn't feel shut out in our relationship (the less shut out the higher your score).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5. My partner can share his/her deepest feelings with me and I will listen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total for Accessibility (out of 25)		_____					
	Responsiveness: From your viewpoint, how responsive are you to your partner?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1. If my partner needs connection and comfort, I will be there.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2. I respond to signals that my partner needs me to come close.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. My partner can lean on me when feeling anxious or unsure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4. Even when we fight or disagree, my partner knows he/she is important to me and we will find a way to come together.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5. If my partner needs assurance about how important he/she is to me to, he/she can get it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total for Responsiveness (out of 25)		_____					
	Engagement: Are you positively and emotionally	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1. My partner feels very comfortable being close to and trusting me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2. My partner can confide in me about almost anything.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. My partner feels confident, even when we are apart, that we are connected to each other.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4. My partner knows that I care about his/her joys, hurts, and fears.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5. My partner feels safe enough to take emotional risks with me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total for Engagement (out of 25)		_____					



TO SCORE: Simply add up the numbers in responses that you put down.

- If you scored **20 or above** in any one area, you A.R.E. well on your way to an emotionally engaged relationship if you're not already in one!
- If you scored **below 20**, consider exploring podcasts, books and other resources to build connection in your relationship. Counseling may be helpful even if you're not in 'crisis'.
- If you score **10 or below**, this is not so uncommon. Many of us did not grow up with the A.R.E. ingredients as a given in our relationships. As a result, we've never learned these essential relationship skills. Counseling can help you and your partner with this.



You don't have to navigate your relationship alone.

Let's work together to build connection that lasts.