



Hold Me Tight® Workshop with Zoya Simakhodskaya, Ph.D. & Michael Moran, LCSW, CST

The A.R.E.® Questionnaire

Answer the questions using a scale of 0-10

0=Strongly Disagree 10=Strongly Agree

Accessibility: From your viewpoint, how accessible is your partner to you?	
1. I can get my partner's attention easily.	—
2. My partner is easy to connect with emotionally.	—
3. My partner shows me that I come first with him or her.	—
4. I am not feeling lonely or shut out in this relationship.	—
5. I can share my deepest feelings with my partner. He or she will listen.	—
Total for Accessibility	—
Responsiveness: From your viewpoint, how responsive is your partner to you?	
1. If I need connection and comfort, he or she will be there for me.	—
2. My partner responds to signals that I need him or 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 I am important to my partner and we will find a way to come together.	—
5. If I need assurance about how important I am to my partner, I can get it.	—
Total for Responsiveness	—

Content from Dr. Sue Johnson, Hold Me Tight



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Answer the questions using a scale of 0-10 0=Strongly Disagree 10=Strongly Agree

Accessibility: From your viewpoint, how accessible are YOU to your partner?	
1. My partner can get my attention easily.	—
2. I am easy to connect with emotionally.	—
3. I show my partner that he/she comes first.	—
4. My partner is not feeling lonely or shut out in this relationship.	—
5. My partner can share his/her deepest feelings with me. I will listen.	—
Total for Accessibility	—
Engagement: From your viewpoint, how positively, emotionally engaged is your partner towards you? (He/she is there for me).	
1. I feel very comfortable being close to and 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	—

Content from Dr. Sue Johnson, Hold Me Tight



Responsiveness: From your viewpoint, how responsive are YOU to your partner?	
1. If my partner needs connection and comfort, I will be there for him/her.	—
2. I respond to signals that my partner needs me to come close.	—
3. My partner finds that they can lean on me when they feel anxious or unsure.	—
4. Even when we fight or disagree, my partner knows that he/she is important to me and that we will find a way to come together.	—
5. If my partner needs assurance about how important he/she is to me, they can get it.	—
Total for Responsiveness	—
Engagement: From your viewpoint, how positively, emotionally engaged are YOU to your partner? (I am there for him/her).	
1. My partner seems very comfortable being close to and trusting me.	—
2. My partner can confide in me about almost anything.	—
3. My partner feels confident, even when we are apart, that we are connected to each other.	—
4. My partner knows that I care about his/her joys, hurts and fears.	—
5. My partner feels safe enough to take emotional risks with me.	—
Total for Engagement	—

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