



ARE: Accessibility, Responsiveness, Engagement

Read the following. In each *ARE* section, fill in the circle of one or more of the items below you sense you have with your partner some of the time. Circle one item you would like to work on together. You will share this with your partner.

My partner and I are ACCESSIBLE to each other:

- I can get my partner's attention easily, and my partner can get my attention easily.
- My partner is easy to connect with emotionally, and I am easy to connect with emotionally.
- My partner shows me that I come first, and I show my partner that he/she comes first.
- I am not feeling lonely or shut out in our relationship, and my partner is not feeling lonely or shut out of our relationship.
- I can share my deepest feelings with my partner, and my partner can share her/his deepest feelings with me.

My partner and I are RESPONSIVE to each other:

- If I need connection and comfort, my partner is there for me, and I am there for my partner.
- My partner responds to signals that I need closeness and connection, and I respond to my partner's signals for the need of closeness and connection.
- I find I can lean on my partner when I am anxious or unsure, and my partner can lean on me.
- Even when we fight or disagree, I and my partner know that we are important to each other and we will find a way to come together.
- If I need reassurance about how important I am to my partner, I can get it, and my partner can gain that same reassurance from me.

My partner and I are emotionally ENGAGED

- I feel very comfortable being close to and trusting my partner, and my partner is comfortable being close to and trusting me.
- My partner and I can confide in each other about almost anything.
- My partner and 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, and my partner knows that I care about his/her joys, hurts, and fears.
- My partner and I feel safe enough to take emotional risks with each other.

What would it be like to share with your partner the items you circled?

Adapted from Hold Me Tight® originated and developed by Dr. Sue Johnson
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