

Conversation for Connection The Brief A.R.E. Questionnaire



Answer the questions using a scale 1 to 5
1 = Never True 2 = Rarely True 3 = Sometimes True 4 = Usually True 5 = Always True

ACCESSIBILITY	
From your viewpoint, how accessible are you to your partner?	
I am rarely available to my partner.	
I is hard for my partner to get my attention.	
RESPONSIVENESS	
From your viewpoint, how responsive are you to your partner?	
I listen when my partner shares her/his deepest feelings.	
I am confident I reach out to my partner.	
ENGAGEMENT	
From your viewpoint, how engaged are you to your partner?	
It is hard for me to confide in my partner.	
I struggle to feel close and engaged in our relationship.	
TOTAL SELF SCORE	
PARTNER'S ACCESSIBILITY	
From your viewpoint, how accessible is your partner to you?	
My partner is rarely available to me.	
It is hard for me to get my partner's attention.	
PARTNER'S RESPONSIVENESS	
From your viewpoint, how responsive is your partner to you?	
My partner listens when I share my deepest feelings.	
I am confident my partner reaches out to me.	
PARTNER'S ENGAGEMENT	
From your viewpoint, how engaged is your partner with you?	
It is hard for my partner to confide in me.	
My partner struggles to feel close and engaged in our relationship.	
TOTAL PARTNER SCORE	

Scoring

1. Reverse all the items in the Accessibility and Engagement sections
2. Sum the Self Scores and Sum the partner's Scores
3. Interpretation

Self Score: 20 Needs Attention | 23 Satisfactory | 26 High Satisfaction and Stability

Partner Score: 17 Needs Attention | 22 Satisfactory | 26 High Satisfaction and Stability

Sandberg, JG, Busby, DM, Johnson, SM, & Yoshida, K (2012), The Brief Accessibility, Responsiveness, and Engagement (BARE) Scale: A tool for measuring attachment behavior in couple relationships. Family Process, 51(4):512-526