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The Hold Me Tight Program: Conversations for Connection In-Class Exercise
From your viewpoint, is your partner accessible to you?

Answer the questions using a scale 0-10, where 0 = not at all true, and 10 = completely true. Write number in right column – add up total for each section.

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/her	
4. I don't feel shut out in this relationship <i>(the less shut out you feel - the higher your score)</i>	
5. I can share my deepest feelings with my partner. He/she will listen	
<i>Total for accessibility</i>	
RESPONSIVENESS - from your viewpoint, is your partner responsive to you?	
1. If I need connection and comfort, he/she will be there for me	
2. My partner responds to signals that I need him/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	
<i>Total for responsiveness</i>	

ENGAGEMENT - are you positively emotionally engaged with each other?	
1. I feel very comfortable being close to, 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	
	<i>Total for engagement</i>