

## A.R.E. MARRIAGE DIAGNOSTIC TOOL

### From your viewpoint, is your partner accessible to you?

1. I can get my partner's attention easily. T / F
2. My partner is easy to connect with emotionally. T / F
3. My partner shows me that I come first with him/her. T / F
4. I am not feeling lonely or shut out in this relationship. T / F
5. I can share my deepest feelings with my partner. He/she will listen. T / F

### From your viewpoint, is your partner responsive to you?

1. If I need connection and comfort, he/she will be there for me. T / F
2. My partner responds to signals that I need him/her to come close. T / F
3. I find I can lean on my partner when I am anxious or unsure. T / F
4. Even when we fight or disagree, I know that I am important to my partner and we will find a way to come together. T / F
5. If I need reassurance about how important I am to my partner, I can get it. T / F

### Are you positively emotionally engaged with each other?

1. I feel very comfortable being close to, trusting my partner. T / F
2. I can confide in my partner about almost anything. T / F
3. I feel confident, even when we are apart, that we are connected to each other. T / F
4. I know that my partner cares about my joys, hurts, and fears. T / F
5. I feel safe enough to take emotional risks with my partner. T / F

### Final question:

1. Do both my partner and I want very much to save our relationship and are *both* ready and willing to do the work right now to save it. T / F

**Scoring.** Give yourself 1 point for each true answer. If you have scored 7 or above, you are well on your way to a secure bond, if you scored below 7, then we can say pretty confidently that right now, if your relationship is lacking the basic ingredients we need to do marriage therapy. If you answered false to the final question, then we know for certain that you are not ready for traditional marriage therapy today, but there are things you can do, and that is what this book is about!

### The I-want-to work-on my-marriage-scale

Last but not least, I want you to circle the level of motivation you have for working on your marriage today:

I do not want to = 0

I absolutely will do anything and everything to work on my marriage today = 10

1      2      3      4      5      6      7      8      9      10

Now, ask your partner to do the same on the scale below. (If your partner is unwilling or not available, just put in what you think he or she would say).

1      2      3      4      5      6      7      8      9      10

Of course 10 is the number every therapist hopes to find from both partners. With that we can get a lot done toward helping your marriage and separation would be a highly premature idea. However, if one or both of you is a 5 or below, that means there is not enough wind in your sails, or motivation, to navigate through the work that we will be needing to do to get you back on course. If one person is a zero, then this would be an enormous influence toward making a decision to separate, but more on that later.

So, as you continue to gain clarity about your marital crisis, I think it will be helpful for you to understand why you chose the person you did in the first place. This information will serve as background for your decision-making process and come in handy as you decide how to handle your situation in the days and weeks to come.