

A.R.E. History Questions

1.	What messages about love and marriage did you get from your parents?
2.	Was being able to reach for and trust others seen as a strength and resource?
3.	Before your present relationship, did you experience a relationship with someone that you trusted, that you felt close to and could turn to if needed?
4.	Do you have an image of what this looks like in your head? A model that can help you as you create your present relationship.

5.	Think of one good time that reflects this relationship and share it with your partner.
6.	Did your past relationships teach you that relationships were unreliable and that you had to be vigilant and fight to be seen and responded to?
7.	Or did you learn that depending on others is dangerous and it is best to distance yourself and to not need others and to avoid closeness?
8.	Which strategy did you use in your past relationships? With your parents? When things started to go wrong?
9.	When you needed a loved one and they could not be with you, what was that like for you? What did you learn from it?

10. How did you cope? Does this have an impact on your relationships now?
11. If it is hard for you to turn to and trust others to let them close when you really need them, what do you do when life gets too big to handle or when you feel alone?
12. Name two very concrete and specific things that a safe, accessible, and engaged lover in a relationship with you would do in a typical day.
13. How would those things make you feel at that moment?
14. In your present relationship, can you ask your partner when you need closeness and comfort? Is this easy for you or difficult to do?

15. Do	o you se	e this	as a sig	n of we	akness	?					
	Or	maybe	e it seen	ns too r	isky fo	r you.					
di	Ra fficult fo			ulty in (doing tl	his on a	ı scale (of 1 - 1	0 (a hiş	gh score me	ans it is very
	1	2	3	4	5	6	7	8	9	10	
16. Share this with your partner.17. When you feel disconnected or alone in your present relationship, are you likely to get very emotional or even anxious and push your partner to respond?											
	Or	are yo	u more	likely t	to shut	down a	nd try 1	not to f	eel you	ır need to co	onnect?
	C	an you	think o	of a tim	e when	this ha	ppened	1?			

18.	Think of a time in your relationship when questions like Are you there for me? were hanging in
	the air unanswered, and you got into a fight with your partner about a mundane issue. Share this
	with your partner.

19. Can you think of bonding moments in your relationship when one of you reaches out and the other responds in a way that makes you both feel emotionally connected and secure with each other? Share this with your partner.