**EFT questionnaire | attachment in relationship**The questionnaire below with the preparing questions, will help you to begin to see your relationship through de attachment lens. So we can explore your needs and the moments of separation and conflicts in your relationship. Fill in this form individual and take it with you.

Simply read each statement and circle T for *true* or F for *false*

**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 listen. T F
2. My partner responds to signals that I need him/her to come close. T F
3. I find that 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 the reassurance about how important I am to my partner,
I can get it. T F

**Are you positively 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 if we are apart, that we are connected
to each other. T F
4. I know my partner cares about my joys, hurts and fears. T F
5. I feel save enough to take emotional risks with my partner. T F