



Emotional Connection Questionnaire for Married Couples

From *Hold Me Tight* by Sue Johnson

[Amazon link to the book](#)

Mark T for true, F for false

From your view is your partner accessible to you?

1. Can I get my partner's attention easily? T F
2. My partner is easy to connect to. 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 comfort or support, 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. 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 that I am important 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 my partner, 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 my partner cares about my joys, hurts and fears. T F
5. I feel safe enough with my partner to take emotional risks with my partner. T F

If you have 7 True answers, you are doing pretty well.

If less than 7 True, try reading the book and using the 7 conversations to explore your relationship further, or seek out an EFT therapist in your area.