

## Self-Esteem And Relationship (SEAR) Questionnaire

**INSTRUCTIONS:** Please think about **the past 4 weeks** when responding to the following statements.

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Please check  one box for each statement.

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1. I felt relaxed about initiating sex with my partner.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
- 

2. I felt confident that during sex my erection would last long enough.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
- 

3. I was satisfied with my sexual performance.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
- 

4. I felt that sex could be spontaneous.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
- 

5. I was likely to initiate sex.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
- 

6. I felt confident about performing sexually.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
-

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7. I was satisfied with our sex life.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
- 

8. My partner was unhappy with the quality of our sexual relations.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
- 

9. I had good self-esteem.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
- 

10. I felt like a whole man.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
- 

11. I was inclined to feel that I am a failure.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
- 

12. I felt confident.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
-

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Please check  one box for each statement.

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13. My partner was satisfied with our relationship in general.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
- 

14. I was satisfied with our relationship in general.

- Almost always/always
  - Most times (much more than half the time)
  - Sometimes (about half the time)
  - A few times (much less than half the time)
  - Almost never/never
- 

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