Self-Esteem And Relationship (SEAR) Questionnaire

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

Please check ☐ one box for each statement.

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

Please check one box for each statement.

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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