

Please use the scale below to describe to what extent each item is characteristic of you. Circle the number (1 to 5) that describes you best.

	Not at all characteristic of me		Somewhat characteristic of me		Entirely characteristic of me
1. I have difficulty accepting that the future is uncertain	1	2	3	4	5
2. I find it unbearable to not have guarantees in life	1	2	3	4	5
3. Others seem to better tolerate uncertainty than me	1	2	3	4	5
4. I find it intolerable that certain aspects of life are not determined in advance	1	2	3	4	5
5. I have difficulty tolerating the possibility that a negative event may happen to me	1	2	3	4	5
6. When I am waiting for important news, I find it hard to remain in the dark	1	2	3	4	5
7. I find it intolerable to have to deal with unpredictable situations	1	2	3	4	5
8. I do not really tolerate situations in which I do not know what is going to happen	1	2	3	4	5
9. Not knowing what will happen in advance is often unacceptable for me	1	2	3	4	5
10. Waiting periods are unbearable for me when I do not know what is going to happen	1	2	3	4	5
11. I have difficulty tolerating life's uncertainties	1	2	3	4	5

**Not at all
characteristic
of me**

**Somewhat
characteristic
of me**

**Entirely
characteristic
of me**

12. When I think that
something negative might
happen, I have difficulty
remaining in uncertainty

1

2

3

4

5

13. I would rather know
everything right away rather
than remain uncertain

1

2

3

4

5

14. I have difficulty dealing
with the possibility that
something unexpected may
occur

1

2

3

4

5

15. I need to be sure of
what I take on

1

2

3

4

5

	Not at all characteristic of me		Somewhat characteristic of me		Entirely characteristic of me
1. I prefer to avoid uncertain situations	1	2	3	4	5
2. When I find myself in an uncertain situation, I tend to have doubts about what I am doing	1	2	3	4	5
3. I often exaggerate the odds that the worst will happen when something unexpected occurs	1	2	3	4	5
4. I tend to want to boss others around so that nothing unexpected will happen to them	1	2	3	4	5
5. I often rely on others to reassure me when I do not know what will happen	1	2	3	4	5
6. I worry a lot about life's uncertainties	1	2	3	4	5
7. I often have doubts about myself when a situation is uncertain	1	2	3	4	5
8. The possibility that a negative event may occur leads me to avoid certain activities	1	2	3	4	5
9. When I am uncertain, I need to be reassured by others	1	2	3	4	5
10. I must control everything in order to prevent negative consequences from happening	1	2	3	4	5
11. I tend to ask for the opinion of others when I am unsure about what will happen	1	2	3	4	5

	Not at all characteristic of me		Somewhat characteristic of me		Entirely characteristic of me
12. I avoid situations that in which something unanticipated is likely to occur	1	2	3	4	5
13. When the outcome of an event is uncertain, I often doubt having done all that was necessary	1	2	3	4	5
14. When a negative event might happen, I often overestimate the likelihood that it will take place	1	2	3	4	5
15. I tend to worry when I am uncertain about what will happen	1	2	3	4	5
16. I often ask for the same information from several people to reassure myself about what will happen	1	2	3	4	5
17. Uncertain situations worry me	1	2	3	4	5
18. When I am uncertain about what will happen, I try to control everything	1	2	3	4	5
19. I tend to overestimate the probability that something bad will occur when I do not know what will happen	1	2	3	4	5
20. Thinking that something unexpected might happen worries me	1	2	3	4	5
21. When I am uncertain, I tend to doubt my capabilities	1	2	3	4	5

	Not at all characteristic of me		Somewhat characteristic of me		Entirely characteristic of me
22. I tend not to engage in activities involving some uncertainty	1	2	3	4	5
23. When I am uncertain, I tend to overestimate the odds that the events will turn out badly	1	2	3	4	5
24. I tend to want to control my loved one's activities in order to decrease the chances that something will happen to them	1	2	3	4	5
25. Even if it is unlikely that a negative event may occur, I need to be told repeatedly that everything will go well	1	2	3	4	5
26. I prefer to drop a project rather than have to live with uncertainty	1	2	3	4	5
27. I prefer to control everything in order to decrease uncertainties	1	2	3	4	5
28. Not knowing what the future holds for me worries me	1	2	3	4	5
29. In an uncertain situation, I tend to exaggerate the chances that things may go badly	1	2	3	4	5
30. I often tend to question my choices when I am uncertain about what will happen	1	2	3	4	5