**IUI**

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

**Not at all Somewhat Entirely**

**Characteristic of me Characteristic of me Characteristic of me**

1. I have difficulty accepting

that the future is uncertain. 1 2 3 4 5

1. I find it unbearable to not

have guarantees in life. 1 2 3 4 5

1. Others seem to better tolerate

uncertainty that me. 1 2 3 4 5

1. I find it intolerable that certain aspects

of life are not determined in advance. 1 2 3 4 5

1. I have difficulty tolerating the possibility

that a negative event may happen to me. 1 2 3 4 5

1. When I am waiting for important news,

I find it hard to remain in the dark. 1 2 3 4 5

1. I find it intolerable to have to deal

with unpredictable situations. 1 2 3 4 5

1. I do not really tolerate situations in which

I do not know what is going to happen. 1 2 3 4 5

1. Not knowing what will happen in

advance is often unacceptable for me. 1 2 3 4 5

1. Waiting periods are unbearable for me

When I do not know what is going

to happen 1 2 3 4 5

1. I have difficulty tolerating

life's uncertainties. 1 2 3 4 5

1. When I think that something negative

might happen, I have difficulty

remaining in uncertainty. 1 2 3 4 5

**Not at all Somewhat Entirely**

**Characteristic of me Characteristic of me Characteristic of me**

1. I would rather know everything right

away rather than remain uncertain. 1 2 3 4 5

1. I have difficulty dealing with the

possibility that something

unexpected may occur. 1 2 3 4 5

1. I need to be sure of what I take on. 1 2 3 4 5