**Need for controllability and predictability questionnaire - English version**

**Instructions**: Indicate how characteristic or typical each of the following statements is of you. You can give your answer by circling the corresponding number. There are no right or wrong answers.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not typical |  | Somewhat typical |  | Very typical |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. I do not like to lose control over my life 1 | 2 | 3 | 4 | 5 |
| 2. I like to know what awaits me 1 | 2 | 3 | 4 | 5 |
| 3. I like to plan everything in advance, so that I don’t get any |  |  |  |  |
| unexpected surprises 1 | 2 | 3 | 4 | 5 |
| 4. I find it necessary to control my surroundings 1 | 2 | 3 | 4 | 5 |
| 5. I feel uncomfortable if things don’t go as planned ……………..1 | 2 | 3 | 4 | 5 |
| 6. I want to have a hold on what is happening around me 1 | 2 | 3 | 4 | 5 |
| 7. I like to have control over the things happening around me …...1 | 2 | 3 | 4 | 5 |
| 8. I become restless if I lose control………………………………1 | 2 | 3 | 4 | 5 |
| 9. I want to have a grip on the situation I find myself in 1 | 2 | 3 | 4 | 5 |
| 10. I feel anxious if I can’t predict what is going to happen…….....1 | 2 | 3 | 4 | 5 |
| 11. I have to know what I can expect, otherwise I feel |  |  |  |  |
| uncomfortable 1 | 2 | 3 | 4 | 5 |
| 12. Uncertainty about the future gives me a bad feeling 1 | 2 | 3 | 4 | 5 |
| 13. I like to have control over my life 1 | 2 | 3 | 4 | 5 |
| 14. I like to know what is going to happen 1 | 2 | 3 | 4 | 5 |
| 15. I have a need for control 1 | 2 | 3 | 4 | 5 |