

## Intolerance of Uncertainty Scale – Short Form

Please write the number that best corresponds to how much you agree with each item.

<b>Not at all characteristic of me 1</b>	<b>A little characteristic of me 2</b>	<b>Somewhat characteristic of me 3</b>	<b>Very characteristic of me 4</b>	<b>Entirely characteristic of me 5</b>
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1.	Unforeseen events upset me greatly.	
2.	It frustrates me not having all the information I need.	
3.	Uncertainty keeps me from living a full life.	
4.	One should always look ahead so as to avoid surprises.	
5.	A small unforeseen event can spoil everything, even with the best of planning.	
6.	When it's time to act, uncertainty paralyzes me.	
7.	When I am uncertain, I can't function very well.	
8.	I always want to know what the future has in store for me.	
9.	I can't stand being taken by surprise.	
10.	The smallest doubt can stop me from acting.	
11.	I should be able to organize everything in advance.	
12.	I must get away from all uncertain situations.	