

### EXERCISE 8.3: INTOLERANCE OF UNCERTAINTY SCALE

*You will find in the scale below a series of statements that describe how people may react to the uncertainties of life. Please use the scale to describe to what extent each item is characteristic of you. Write the appropriate number in the box on the right.*

Not at all  
characteristic  
of me

Somewhat  
characteristic  
of me

Entirely  
characteristic  
of me

1

2

3

4

5

1. Uncertainty stops me from having a firm opinion.
2. Being uncertain means that a person is disorganized.
3. Uncertainty makes life intolerable.
4. It's unfair not having any guarantees in life.
5. My mind can't be relaxed if I don't know what will happen tomorrow.
6. Uncertainty makes me uneasy, anxious, or stressed.
7. Unforeseen events upset me greatly.
8. It frustrates me not having all the information I need.
9. Uncertainty keeps me from living a full life.
10. One should always look ahead so as to avoid surprises.

## Overcoming Worry and Generalised Anxiety Disorder

11. A small unforeseen event can spoil everything, even with the best of planning.
12. When it's time to act, uncertainty paralyses me.
13. Being uncertain means that I'm not first rate.
14. When I'm uncertain, I can't go forward.
15. When I'm uncertain, I can't function very well.
16. Unlike me, others always seem to know where they are going with their lives.
17. Uncertainty makes me vulnerable, unhappy or sad.
18. I always want to know what the future has in store for me.
19. I can't stand being taken by surprise.
20. The smallest doubt can stop me from acting.
21. I should be able to organize everything in advance.
22. Being uncertain means that I lack confidence.
23. I think it's unfair that other people seem sure about their future.
24. Uncertainty keeps me from sleeping soundly.
25. I must get away from all uncertain situations.
26. The ambiguities in life stress me.
27. I can't stand being undecided about my future.

Source: Buhr, K. and Dugas, M. J., 'The Intolerance of Uncertainty Scale: Psychometric Properties of the English Version', *Behavior Research and Therapy*, 40 (2002). With permission from Elsevier.