
Intolerance of Uncertainty Quiz

Read each statement and answer how much you agree with it.

3 = Strongly Agree

2 = Agree

1 = Somewhat Agree

0 = Don't Agree

_____ I must be certain of my decisions.

_____ It is difficult for me to relax if I don't know what will happen tomorrow.

_____ Harmful events might happen if I am not very careful.

_____ In order to feel safe, I need to be as prepared as possible for anything that could go wrong.

_____ It is essential for me to consider all possible outcomes of a situation.

_____ I always want to know what the future has in store for me.

_____ I often check things over and over to make sure something bad does not happen.

_____ I don't like being undecided about my future.

_____ I frequently worry about bad things happening, like an accident, a family tragedy, or getting sick.

_____ The smallest doubt can keep me from acting.

_____ Your Total Score

The higher your score, the more likely you are to have the following problems. Check off all of the problems that apply to you:

- Worry about health, finances, family
- Difficulty relaxing
- Difficulty making decisions
- Difficulty forming opinions unless you feel certain about them
- Overplanning with work, days off, vacations
- Getting very upset when things don't go exactly as planned
- Being inflexible
- Difficulty coping when something goes wrong
- Obsessive-compulsive tendencies
- Being overcontrolling