**Intolerance of Uncertainty Behaviours in Everyday Life**

**IUBEL 1.0 -General Version**

Many situations in life have an element of uncertainty, that is not knowing what will happen. How much depends on the situation, and novel situations, whether new but will be re-encountered or complete “one offs” are likely to be more uncertain. Some people embrace uncertainty whereas others dislike it intensely. People use a variety of behaviours in the face of uncertainty. This questionnaire is about the behaviours that people may use in the face of an uncertain situation.

By an uncertain situation we mean something hasn’t happened yet where there are possibilities of positive, neutral, or negative outcomes. We know that even when there are no negative outcomes, only positive to varying degrees, some people will still find the uncertainty uncomfortable. It is a situation where the outcome cannot yet be known.

**Place rate how much you use each of these strategies in uncertain situations using the following scale.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **0** | **1** | **2** | **3** | **4** |
| **Never** | **Rarely** | **Sometimes** | **Often** | **Very frequently** |

|  |  |  |
| --- | --- | --- |
|  | I approach the situation half-heartedly or in a roundabout way | 0 1 2 3 4 |
|  | I become a control freak | 0 1 2 3 4 |
|  | I churn the situation over and over in my mind | 0 1 2 3 4 |
|  | I constantly reassure myself about the situation | 0 1 2 3 4 |
|  | I distract myself from the situation by doing various other things | 0 1 2 3 4 |
|  | I do the first thing that comes into my mind to get it out to the way | 0 1 2 3 4 |
|  | I find out as much as I can about the situation (internet, family, friends, professional services) | 0 1 2 3 4 |
|  | I focus completely on the situation to the exclusion of all other things | 0 1 2 3 4 |
|  | I get sick of thinking about the situation and make an impulsive decision to be done with it | 0 1 2 3 4 |
|  | I have back-up plans or a fall-back strategy | 0 1 2 3 4 |
|  | I just give up | 0 1 2 3 4 |
|  | I keep a constant eye on the situation without doing anything about it | 0 1 2 3 4 |
|  | I keep away from anything that will remind me of the situation, or force me to deal with it | 0 1 2 3 4 |
|  | I know what to do but wait until the time is right to take action | 0 1 2 3 4 |
|  | I make a plan and start to do something, then stop | 0 1 2 3 4 |
|  | I make a quick decision, even though I know it may not be the best course of action | 0 1 2 3 4 |
|  | I plan everything in great detail | 0 1 2 3 4 |
|  | I prepare myself for all eventualities | 0 1 2 3 4 |
|  | I put off doing something about it until the last minute | 0 1 2 3 4 |
|  | I put off thinking about it until later | 0 1 2 3 4 |
|  | I run through everything I know about the situation again and again | 0 1 2 3 4 |
|  | I track the situation but don't act until I have to | 0 1 2 3 4 |
|  | I try and ignore the situation | 0 1 2 3 4 |
|  | I'd rather do anything now than do nothing at all | 0 1 2 3 4 |