

Intolerance of Ambiguity Indicator

Please use the following scale to indicate honestly the extent to which you agree or disagree with each statement:

- 7= Strongly Agree
- 6= Moderately Agree
- 5= Slightly Agree
- 4= Neither Agree Nor Disagree
- 3= Slightly Disagree
- 2= Moderately Disagree
- 1= Strongly Disagree

- _____ 1. An expert who doesn't come up with a definite answer probably doesn't know too much.
- _____ 2. **I would enjoy living in a foreign country for a while.**
- _____ 3. There is really no such thing as a problem that can't be solved.
- _____ 4. **People who fit their lives to a schedule most likely miss most of the joy of living.**
- _____ 5. I like parties where I know most of the people more than ones where all or most of the people are complete strangers.
- _____ 6. **Often the most interesting and stimulating people are those who don't mind being different and unique.**
- _____ 7. What we are used to is always more desirable than what is unfamiliar.
- _____ 8. **People who insist upon a yes or no answer just are not aware of how complicated things really are.**
- _____ 9. A person who leads an even, regular life in which few surprises or unexpected happenings arise really has a lot to be grateful for.
- _____ 10. **Many of our most important decisions are based upon insufficient information.**

- _____ **Total Score**

Source: Adapted from the work of Budner (1962)