Tolerance of Uncontrollability Questionnaire

(TOUQ)

The following statements are rated using the following scale:

1—Strongly disagree, 2- Disagree, 3- Slightly disagree, 4—Neither agree nor disagree,

5—Slightly agree, 6—Agree, 7 -Strongly agree

Instructions: Please rate your agreement with the following statements. There are no right or wrong answers.

1. I am generally okay when I cannot control the outcome of things.

2. I do not have complete control over how life turns out and that’s okay with me.

3. I can’t always control what happens to me and that’s okay.

4. I accept the uncontrollability of life.

5. It’s sometimes important to let go of our attempts to control the uncontrollable.

6. The fact that life is uncontrollable.

7. Life is often difficult to control and I’m okay with that.

8. It’s okay that sometimes things happen outside of my control.

9. Things will happen the way they happen and that’s okay.

10. I usually don't mind when I have to give up control.

11. Not having control over things doesn't bother me too much.

12. Many things in life are outside of my control, and that’s okay.

13. I am generally okay with not having control over what will happen in the future.

14. I can’t always control things in life and that’s okay

15. I am tolerant of uncontrollability.

16. Whatever happens, happens.

17. Some things in life are uncontrollable, and I am okay with that.

18. Nobody is in complete control over one’s life and that’s okay.

19. I am not too bothered when things happen outside of my control.

Scoring: 1pt: strongly disagree; 2pts: disagree; 3pts: slightly disagree; 4pts: neither agree/disagree; 5pts: slightly agree; 6pts: agree; 7pts: strongly agree.

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