

Here are the five main types of intolerance. For each type of intolerance, try to identify how much it sounds like you.

Intolerance to uncertainty: I worry about everything

It doesn't sound like me at all			It sounds a bit like me				It really sounds like me		
1	2	3	4	5	6	7	8	9	10

Perfectionism: I'm not satisfied unless it's perfect.

It doesn't sound like me at all			It sounds a bit like me				It really sounds like me		
1	2	3	4	5	6	7	8	9	10

Excessive responsibility: I feel guilty all the time

It doesn't sound like me at all			It sounds a bit like me				It really sounds like me		
1	2	3	4	5	6	7	8	9	10

Fear of others' judgment: I know they're judging me.

It doesn't sound like me at all			It sounds a bit like me				It really sounds like me		
1	2	3	4	5	6	7	8	9	10

Intolerance of negative emotions and unpleasant physical sensations: something's wrong with my body!

It doesn't sound like me at all			It sounds a bit like me				It really sounds like me		
1	2	3	4	5	6	7	8	9	10