

Is there an intolerance that sounds like you?



Intolerance to uncertainty

All of a sudden, something **serious** happens!



Is it really **serious**, or just **unpleasant**?

Perfectionism

It's never good **enough**!



Did I do **my best**?

Excessive responsibility

It's **always** my fault!



Is it really within **my control**?

Fear of being judged by others

Other people are looking at me, so they're **judging me**!



Do **I judge** everyone that **I look at**?

Intolerance to physical and psychological discomfort

I don't feel good... so this must be **serious**!



Do I tend to **overreact**?

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