

IWRM

Imagine times when you felt very stressed or worried over something where you didn't know what the outcome would be. Take a moment to think about these occasions, and indicate how you generally feel during stressful or worrying situations using the following scale:

A = Almost Never

B = Sometimes

C = Often

D = Almost Always

Use the above scale to respond to each item below. Read each item as a continuation of the following statement:

“In general, when I am feeling stressed or worried over something that I don't know...

1. I'll feel better after I find out.”
2. The problem will always be on my mind.”
3. I would rather know than be left wondering.”
4. I'd feel much better if I just knew.”
5. It will be all I think about until I know.”
6. I don't like not knowing.”
7. I will be lost in thought about what's bothering me.”
8. It will bother me until I find out.”
9. I can't be happy until I know the truth.”
10. I'll feel relieved once I know.”
11. I would rather know than not know.”
12. I can't focus on anything else while worrying.”

Scoring the IWRM

Sum items 2, 5, 7, 8, 9, and 12 for the Focus on Distress (FD) scale

Sum items 1, 3, 4, 6, 10, and 11 for the Focus on Relief (FR) scale.