

HOW TO DISTINGUISH INFORMATION-SEEKING FROM REASSURANCE-SEEKING

An Information-Seeker:

- ...asks a question once.
- ...asks questions to be informed.
- ...accepts the answer given.
- ...asks people who are qualified to answer the question.
- ...asks questions that can be answered.
- ...seeks the truth.
- ...accepts relative, qualified or uncertain answers.
- ...pursues only the information needed to form a conclusion or make a decision.

A Reassurance-Seeker:

- ...repeatedly asks the same question.
- ...asks questions to feel less anxious.
- ...responds to an answer by challenging the other person, arguing, or insisting the answer be repeated or rephrased.
- ...asks people who are not qualified to answer the question.
- ...often asks questions that cannot be answered
- ...seeks a desired answer.
- ...insists on absolute, definitive answers.
- ...continues to pursue information without ever coming to a conclusion or making a decision.