

Accepting Uncertainty



Demanding certainty and predictability is a part of what keeps worry going. You can use the principles of acceptance and letting go to reduce intolerance of uncertainty and worry less. Note down some observations or reminders for each of the steps below to help yourself become more accepting of uncertainty.

Be Aware

Acknowledge the presence of worries about being uncertain. What do you notice yourself thinking, feeling and doing when you are needing certainty?

Let Go

Don't engage with your worries or try to control them, just observe them with interest and describe your experience to yourself. Let your worries just float by like clouds in the sky, rather than try to push them away. Remind yourself that they are just thoughts. What can you tell yourself to help you let go of your need for certainty?

Be Non-Judgemental

What can you tell yourself to help when your mind wanders back to needing certainty? Congratulate yourself for noticing it when your mind has wandered, and then gently bring your focus back to the present. What can you tell yourself to help you be more present-focussed? Perhaps stay focussed on your breathing.