

Dealing with Uncertainty Worksheets

1. Identifying Feelings of Uncertainty

Reflect on recent situations where you felt uncertain. Describe the situation and the feelings associated with it.

2. Understanding Your Reaction to Uncertainty

Consider your typical reactions to uncertainty and answer the following questions to gain insight into your coping mechanisms.

- How do you usually react to uncertainty? (Avoidance, worry, seeking control, etc.)

- What thoughts tend to dominate your mind during uncertain times?

- How does uncertainty affect your decision-making process?

3. Challenging Negative Thoughts

Challenge negative thoughts you experience during uncertain times by finding evidence against them:

Negative Thought	Evidence Against
<i>e.g., "I'll never be able to adapt to these changes. I'm not strong enough."</i>	<i>I've adapted to significant changes before, such as moving to a new city for work, which shows I can handle transitions and challenges.</i>

4. Developing Coping Strategies

Develop strategies that can help you cope more effectively with uncertainty.

- Identify past situations where you successfully navigated uncertainty.

List the strengths and resources that helped you through those times:

- Set boundaries around information-seeking that might fuel anxiety.

- Develop a resilience action plan, incorporating self-care, support, and positive activities:
