



# Challenging Intolerance of Uncertainty

Do the exercise below and ask yourself some questions to dissect your intolerance of uncertainty and question your need for certainty. These questions can help you to see that trying to eliminate uncertainty and unpredictability from your life is both impossible and unhelpful, prolonging worry.

<b>Can you be absolutely certain about everything in life?</b>	
<b>What are the advantages of requiring certainty in life?</b> <i>How has needing certainty in life been helpful to you?</i>	<b>What are the disadvantages of requiring certainty in life?</b> <i>How has needing certainty in life been unhelpful to you or detrimental to your life?</i>
<b>Do you tend to predict that something bad will happen, just because you are uncertain?</b> <i>Is this a reasonable thing to do? Could something good or neutral just as likely happen?</i>	<b>What is the likelihood that the things you predict will happen?</b> <i>If the likelihood tends to be low, could you live with this small chance?</i>
<b>Are there some uncertainties in your life that you can live with?</b> <i>How do you do this? Can you do the same thing in situations where you have difficulty tolerating uncertainty?</i>	<b>Talk to the people you know. Ask how they cope with the uncertainty and unpredictability of life?</b> <i>Could you do the same thing they do in situations where you have difficulty tolerating uncertainty?</i>