

Uncertainty Beliefs – Experiment Record

<p>Uncertainty beliefs What is your belief about uncertainty?</p>	<p>Situation & feelings Describe an uncertain situation that triggers this belief for you. How does the uncertainty make you feel?</p>	<p>Coping responses If you couldn't avoid this situation, what would you do to cope with it?</p>	<p>Experiment How could you create a state of uncertainty to test your uncertainty belief?</p>	<p>Outcome & learning What happened? What is your belief about uncertainty now?</p>
<p>• What bothers you about uncertainty? • Rate how strongly you hold that belief about uncertainty (0-100%)</p>	<p>• Is this event: novel, ambiguous, or unpredictable?</p>	<p>• Consider: avoidance, checking, gathering information, procrastination, planning, seeking reassurance, worrying.</p>	<p>• How, where, and when will you test it? • Which safety behaviours will you need to drop to make it a fair test? • What data will you need to record?</p>	<p>• Rate how strongly you hold your belief about uncertainty now (0-100%)</p>