

Intolerance of Uncertainty

Understand how uncertainty can
develop into worry

The logo graphic consists of two concentric, incomplete circular arcs. The outer arc is a light green color, and the inner arc is a darker purple color. There are small circular dots at the ends of the arcs, suggesting a continuous path or a cycle.

HelloSelf

Unhelpful strategies when dealing with uncertainty

Avoiding new situations and sticking to your established habits or routines

Aim

- To feel comfortable and safe.

Actual consequences

- You feel less confident (you're less able to do new things).
 - Less 'practise' means more worry and anxiety in new situations.
- You miss out on new experiences.

Worrying and thinking ahead

Aim

- To be prepared for every eventuality.
- To try and prevent bad outcomes.

Actual consequences

- Worries can spiral and branch off into unlikely possibilities about things that might never happen.
- Spending time thinking about bad outcomes creates more anxiety.

Helpful strategies for managing uncertainty



No one knows what will really happen tomorrow

Uncertainty is part of life - it's just that most of it doesn't bother you; the weather, tomorrow's football score, how dinner will turn out. It's your anxiety about uncertainty rather than uncertainty itself. Accepting uncertainty rather than grappling with it.



Embrace uncertainty

It can be empowering to face your fears and embrace uncertainty. Deliberately choosing to do things you are less sure of can help you learn that you can cope with uncertainty. It doesn't have to be too dramatic - just a little out of your comfort zone!



Change your perspective

Rethink your position on uncertainty. What would it be like if you knew exactly what was going to happen at every moment? No surprises or discovery. Like reading a book or watching a film that you already know the ending to.