

# Making Room for Uncertainty

Anxiety and worry | Adults and teens 13+ | 10 to 15 minutes

## **Choose a values guided action while leaving some uncertainty unresolved.**

Some decisions come without a guarantee. This page helps you notice the pull to keep checking or delaying and choose a small action guided by what matters to you. You can carry discomfort while choosing your next move.

## **Notice the demand for certainty**

Write the question your mind wants answered completely. Identify the behavior that follows, such as repeated checking, asking again, or postponing. Notice the short term relief and the longer term cost without judging yourself.

## **Choose a workable boundary**

Decide what reasonable information you need, when you will stop collecting it, and what action will follow. For example, read the relevant instructions once, ask one clarifying question, and send a routine email. Keep necessary safety checks in place.

## **The uncertainty I am facing and how I usually respond**

## **What matters to me in this situation?**

## **The reasonable information I need and my stopping point**

## **My next action and how I will respond to returning doubt**