

Writing Through Uncertain Moments

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

Reflect on uncertainty while reconnecting with a chosen direction.

Choose one recent moment when uncertainty pulled at your attention. You may write a few words, draw, or speak your responses. Keep the focus on how you want to relate to uncertainty today rather than solving every possible outcome.

Write with room for complexity

Start with what you know, then name what remains unknown. You can acknowledge real risks and personal strengths in the same entry. If writing becomes a repeated attempt to prove you are safe, pause and choose a present moment activity.

End with a direction

Ask what matters enough to deserve a small action even without certainty. The action can be asking for practical help, setting a boundary, resting, or returning to a meaningful task. Choose a realistic next step rather than a promise to stop worrying.

What is known, what is unknown, and what am I feeling?

What does my mind want me to keep checking or replaying?

Which value or relationship do I want to make space for today?

What small action can I take while uncertainty is still here?