

## Accepting Uncertainty Worksheet

### How can I practice accepting uncertainty?

Start with small, manageable goals! Write down some everyday occurrences that trigger feelings of uncertainty for you. Choose three activities to practice per week. With each activity, record all the accompanying emotions you feel with the activity (e.g., fear, anger, panic) and what you do to cope with those feelings in the moment.

As you begin to gain confidence in your ability to accept uncertainty, start adding more challenging situations to your list. Here are a few suggestions to begin with:

- 1) Order a meal you've never tried at your favourite restaurant.
- 2) Go out with your partner for a date night but let them make all of the plans.
- 3) Go to a movie theatre and watch a film you know nothing about.
- 4) Delegate a few tasks to your team at work with assigned deadlines. Do not check up on the work until the deadline date.
- 5) Take a new route to work without checking the traffic report.

After you complete each task, ask yourself "Did everything go as I had expected?" If not, write down how you handled the situation and the final outcome.

Week of: \_\_\_\_\_

Activity	How did I feel?	How did I cope?	Did everything go as expected? If not, what did I do?