

HOW TO DEAL WITH UNCERTAINTY

What do I actually *know* about what's facing me right now?

What am I worrying about right now?

Is there anything I'm ready to stop believing, because there's no evidence?

How do I **feel** about my current situation?

How can I manage or deal with my feelings so that I can consider the situation from a practical point of view?

Have I been in a similar situation in the past? What happened then?

EXPLORING A SPECIFIC SITUATION

Use the form below to gather your thoughts on a specific situation or level of uncertainty and explore some possible actions you might take. You don't have to limit yourself to two – repeat as necessary until you have clearer focus.

Current situation:
Possible action:
Possible outcome:
Alternative action:
Alternative outcome:
Further data required:

EXPLORING YOUR OPTIONS

Use this page to explore possible scenarios so that you can establish the likelihood of something happening, and put a plan in place if it does happen.

You don't have to like every possibility, but putting them down on paper can help you to see them more clearly and feel more empowered about facing them.

Should this activity make you feel more anxious, enlist a trusted friend or mentor (hi!) to help you work through it.

Possibility:	Likelihood:	Action I will take:

THREE THINGS

Sometimes, we just need to remember to take small steps to create concrete change for the better. Use this section to explore things you *can* do.

Three things I can control:

- 1.
- 2.
- 3.

Three things I can influence:

- 1.
- 2.
- 3.

Three people I can ask for help:

- 1.
- 2.
- 3.

Three places I can go to learn more:

- 1.
- 2.
- 3.

Three ways I can take care of myself:

- 1.
- 2.
- 3.

Three things I know for sure:

- 1.
- 2.
- 3.

Three things I'm proud of:

- 1.
- 2.
- 3.

Three things I know I can do:

- 1.
- 2.
- 3.

Three things investments I'm ready to make:

- 1.
- 2.
- 3.

Three things I'm ready to change:

- 1.
- 2.
- 3.

Thank you for using this worksheet! For any questions or more support, email me: jenny@thejennyhyde.com