



# Your Relationship with *Uncertainty* Exercise

[www.gonegirlgo.com](http://www.gonegirlgo.com)

**Uncertainty is a source of distress that can cause worry and anxiety. This simple exercise will help you explore your relationship with uncertainty and reflect on strategies that can help you overcome its effects.**

1. **When faced with uncertainty about my ideas, I tend to \_\_\_\_\_ them because  
approach or avoid**

---

---

3. **What's the benefit to me when I approach or avoid? \_\_\_\_\_**

---

2. **How do I lose? \_\_\_\_\_**

---

4. **What can I do so that the uncertainty doesn't cause me to be irrational, but strategic? Pick one of these strategies to incorporate into your routine inner-work practices and reflect on why this strategy might work for you.**

- |   |  |
|---|--|
| <input type="checkbox"/> <b>Label your fear as an irrational thought</b>            | <input type="checkbox"/> <b>Focus on what matters most</b> |
| <input type="checkbox"/> <b>Think positive</b>                                      | <input type="checkbox"/> <b>Plan for failure</b>           |
| <input type="checkbox"/> <b>Take stock of what you know and what you don't know</b> | <input type="checkbox"/> <b>Just breathe</b>               |