

Vicious Cycle of Uncertainty

Over-estimate risk and possibility of negative consequences

Under-estimate ability to cope "when" it happens

THOUGHTS & IMAGES

- **WORRY**
- *The future is unknown : There's always a risk, even if miniscule*
- *The worst could happen!*
- *I have to be 100% sure*
- *I can't tolerate not knowing*
- *Uncertain events are almost always negative*
- *I won't be able to cope when the uncertain event happens*
- *I must be prepared, in order to reduce risk and increase my ability to cope when the worst happens*

Behaviours maintain intolerance of uncertainty

BEHAVIOURS

- **Try to increase certainty**
- *Make lists*
- *Plan ahead / over-prepare*
- *Seek reassurance from others*
- *Do things myself rather than ask others*
- *Check*
- *Over-protect others*
- *Over-inform self (internet etc.)*
- *Decisions: make impulsive decisions / ask others to make decision / reconsider decisions already made*
- *Avoid / make excuses*
- *Put things off*
- *Distract / Keep busy*

FEELINGS

Emotions / Moods

- *Anxiety*

Physical / Body sensations

- *Physical sensations of adrenaline*