**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

**FEELINGS**

- **Emotions / Moods**
  - Anxiety

- **Physical / Body sensations**
  - Physical sensations of adrenaline

**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

**Vicious Cycle of Uncertainty**

- Over-estimate risk and possibility of negative consequences
- Under-estimate ability to cope “when” it happens

Behaviours maintain intolerance of uncertainty