

Dealing with Uncertainty

1. One of my biggest fears is that:

TEXT BOX 1

2. If this were to happen, I could cope by:

TEXT BOX 2

TEXT BOX 3

TEXT BOX 4

TEXT BOX 5

TEXT BOX 6

3. Practice cognitive exposure.

If writing about your fears and making a coping plan doesn't help you feel better, you can practice cognitive exposure. Rereading what you wrote in this worksheet is a good place to start. Visualize your fears and how you could cope. With time and practice you'll find the fear gets weaker and you're less reactive to it.

Try to set aside 30 minutes everyday to face the thoughts that scare you. You might feel more anxious at the start, but it's hard for your body to stay nervous if nothing is happening! If your mind wanders, bring your attention back to your worst-case scenario. Record your anxiety before and after.

Cognitive exposure works best if you can do it until your anxiety comes down. It might sound hard, but the more you practice the easier it gets.