

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 other
- 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