PRACTICAL CBT WORKSHEET

My uncertainty cycle

Notice what happens when you feel the urge to know for sure.

1. Identify a recent situation

Choose an everyday situation where uncertainty made you uncomfortable.

What happened? What was uncertain?

What did your mind predict or worry about?

What feelings or physical sensations did you notice?

What did you feel urged to do? (check, research, ask, review, avoid)

What happened after you did this, or resisted doing it?

NOTICE THE PATTERN

Trigger > Worry > Discomfort > Certainty-seeking > Brief relief

The goal is to practise responding differently, not to feel certain.

PRACTICAL CBT WORKSHEET

My uncertainty experiment

Practise leaving a small, low-risk question unanswered.

2. Plan a manageable experiment

Choose something safe and small. Keep essential health and safety checks.

What uncertainty will I practise allowing?

What do I predict will happen if I do not seek certainty?

What checking, reassurance or mental reviewing will I reduce?

What will I do instead while allowing the discomfort?

3. Reflect afterwards

You do not need to feel calm or prove that nothing bad can happen.

What actually happened? What did I notice?

A HELPFUL REMINDER

"I can make room for uncertainty and still choose what matters."

If an experiment feels overwhelming, make it smaller or discuss it with your therapist.