

Intolerance of Uncertainty Mind-set Chart

Here is a mind-set chart designed to help you flip your *I must be certain* mind-set into a belief that will allow you to expand.

On the left-hand side are examples of *I must be certain* mind-sets. Rate how much you currently believe each one. The column on the right contains some examples of expansive mind-sets designed to counter the monkey mind. Rate how much you believe those.

The columns do not have to equal 100%. For example, you may believe that “what I don’t know could kill me” 90% of the time, but also believe the expansive mind-set that “it is more important to live life fully in the present moment” 50%.

The benefit in this exercise is that, by taking the time and effort to fill out the chart, you are teaching your brain to notice the difference between these two ways of thinking, and to discern which of them is influencing your behavior in real-life situations.

BEYOND CERTAINTY			
Monkey Mind-set	How Much I Believe It 0–100%	Expansive Mind-set	How Much I Believe It 0–100%
What I don't know could kill me. I must predict and plan for what might go wrong.		It is more important to live life fully in the present moment than to spend time predicting what might go wrong in the future.	
I must be certain that I and others I care about are safe.		I will assume safety unless there is clear evidence of danger.	
If things don't go as planned, my day is ruined.		It is more important to practice flexibility and learn to cope when things do not go as planned.	
If I am not very careful, bad things might happen.		I can take reasonable precautions, knowing that I can influence but not control outcomes.	