**Challenging intolerance of Uncertainty**

**Can you be absolutely certain about everything in life?**

**What are the advantages of requiring certainty in life?** *(how has needing certainty in your life helped you?)*

* Helps to create a feeling of control

**What are the disadvantages of requiring certainty in life?** *(how has needing certainty been unhelpful or detrimental to your life?)*

* Creates prolonged feelings of anxiety
* Creates unnecessary physical symptoms of anxiety
* Can produce fear
* Can make you act in a way that you may later regret
* Can create problems that don’t currently exist
* Can stop you from being present
* Can may never feel settled because you are trying to achieve a answer or solution that is not possible
* Can remove the opportunity for spontaneity and surprise