

# Anxiety: Uncertainty & Control

Created in collaboration with anxiety expert [Scarlett Grace Jeffrey, MBACP](#)



Free practice to calm worry and uncertainty:  
[Managing Feelings Of Worry And Uncertainty](#)

Life is full of unknowns. The future holds countless possibilities, many of which are out of our control, and that uncertainty can be hard to sit with. When we try to manage or control everything outside of us, it often leads to stress, overwhelm, and anxiety.

This worksheet is here to help you find a little more ease with the unknown. Let's begin by exploring what you're feeling uncertain about right now. Use the space below to note one thing that feels unsettled or unclear in your life at the moment.

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## What's in My Control?

When anxiety and uncertainty show up, it's easy to feel overwhelmed by everything that seems out of your control. This diagram is here to remind you of the difference between what you can control and what you can't. So you can focus your energy where it truly matters.



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## Navigating Uncertainty: Self-Reflection Journal

Take a moment to use this space for exploring any uncertainty you're experiencing. The following questions are designed to help you unpack your thoughts and feelings, making uncertainty feel more manageable and less overwhelming. Use this journal as a gentle guide to bring clarity and calm to whatever you're facing.

Is the issue that's causing me concern within my control, or is it entirely external?

For example, another person's reaction or opinion is something that lies outside of your control.

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If I do have some influence, what specifically can I do, and can I do anything right now?

Note: Recognise if this is something you have to address right now and what practical things, if any, you can actually do.

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**Am I overestimating my power?**

For instance, you might feel responsible for keeping everyone at work happy, even though you can't control your colleagues' moods or reactions.

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**Am I associating uncertainty with something always going wrong? See if you can think of a time when the unknown worked out.**

For example, I was anxious about starting a new job, but it turned out to be a great experience and I made new friends.

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**What do I currently have influence over, and how can I ground into this?**

For example, I can choose how I organize my day, how I respond to stress, and the steps I take to ask for support when I need it.

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[Tools For Anxiety](#)