

# **Intolerance for Uncertainty mind-set chart**

**In a time where we are flooded with uncertainty, it is important to listen to your body and give it what it needs.**

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

**In the table, there are examples for both mindsets and you must rate how much you believe in each of the statements.**

**The Benefit? You are teaching your brain to notice the difference between the 2 ways of thinking and to find which one is leading you.**

**© 2017 Jennifer Shannon / New Harbinger Publications.**

## Monkey mindset

What I don't know could kill me. I must predict and plan for what might go wrong.

Rate from 0-100%:

I must be certain that I and others I care about are safe.

Rate from 0-100%:

If things don't go as planned, my day is ruined.

Rate from 0-100%:

If I am not very careful, bad things might happen.

Rate from 0-100%:

## Expansive mindset

It is more important to live fully in the present moment than to spend more time predicting what might go wrong.

Rate from 0-100%:

I will assume safety unless there is clear evidence of danger.

Rate from 0-100%:

It is more important to practice flexibility and learn to cope when things do not go as planned.

Rate from 0-100%:

I can take reasonable precautions, knowing that I can influence but not control outcomes.

Rate from 0-100%: