

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%: