

UNCERTAINTY AFFIRMATIONS

I can handle uncertainty,
the not knowing, and any
outcome that follows.

I can accept doubt as a
normal human experience.
It is safe to feel.

Uncertainty is
uncomfortable, not an
emergency.

I am building trust within
myself, practicing regulation,
and reinforcing safety by
allowing uncertainty.

I am leaving space for “I
don’t know” and leaving
things unanswered.

Parts of my life can be
unanswered, and I can live
with that.

I don’t need certainty to
move forward with my day.

Living is one big
experiment, and we can turn
uncertainty into curiosity.