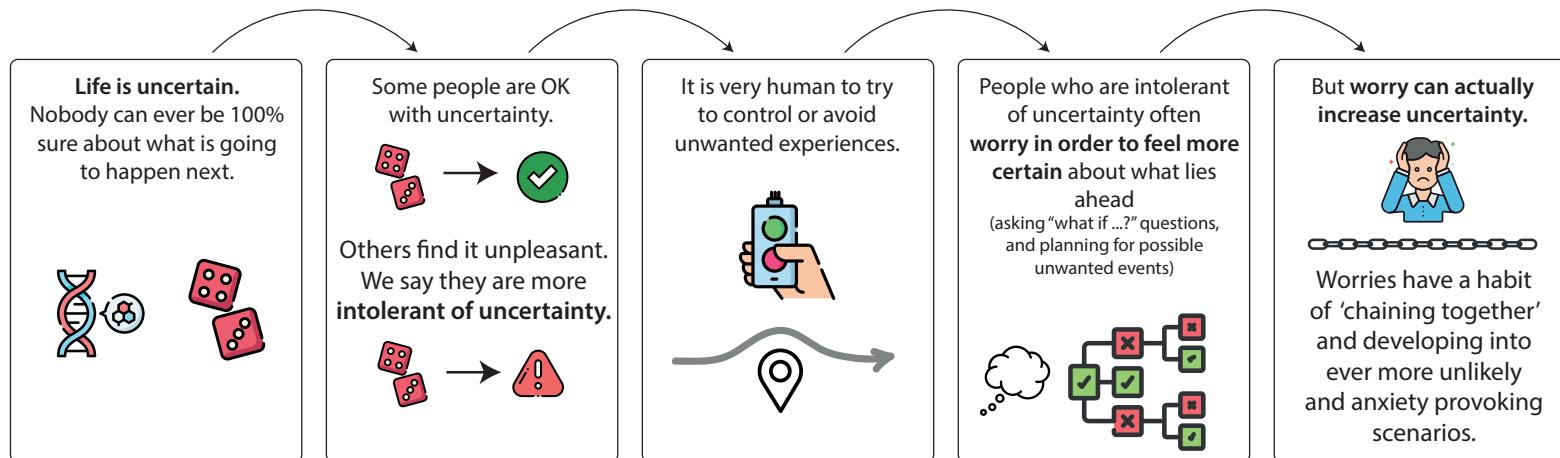
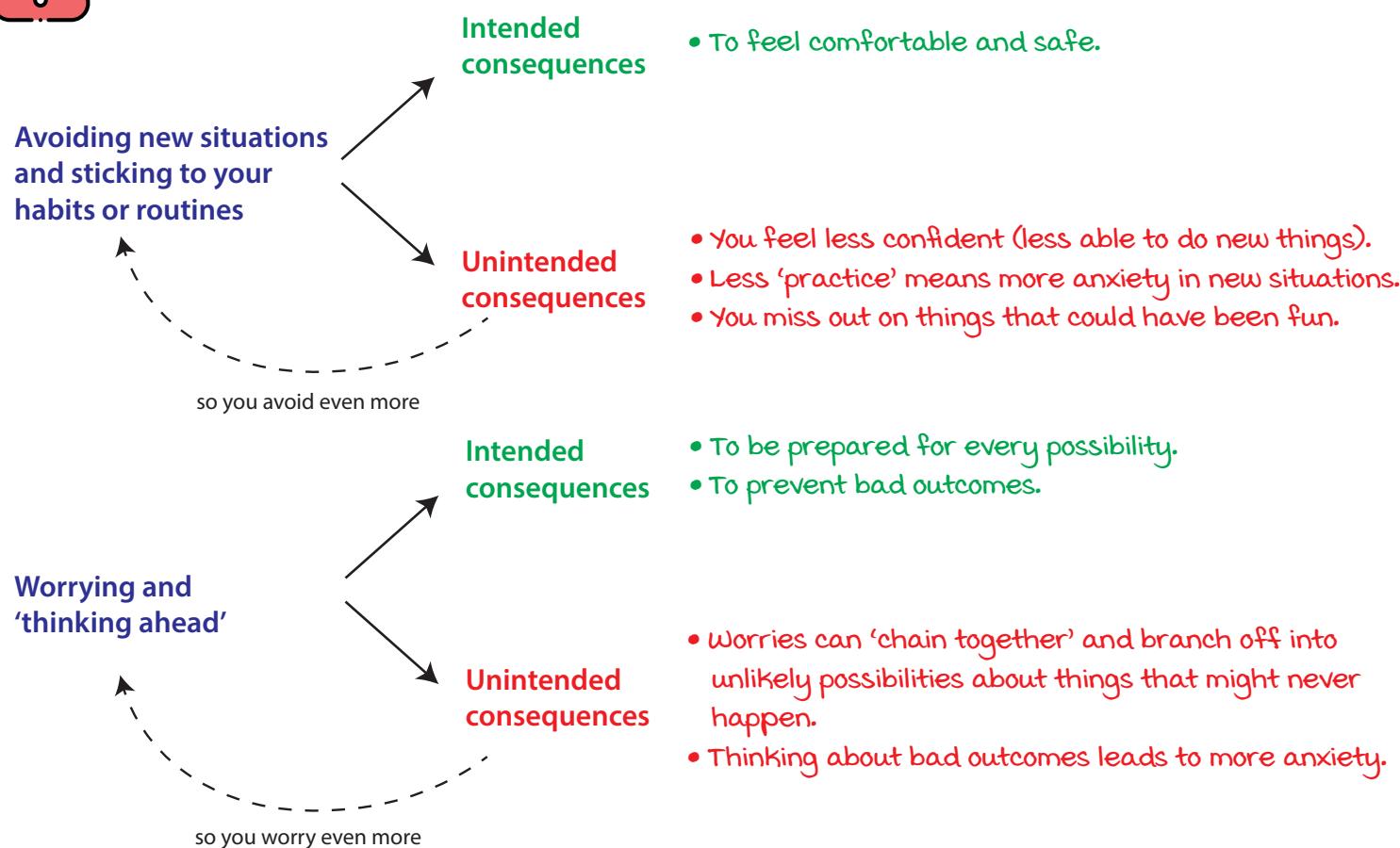


# Intolerance of Uncertainty

One popular psychological theory about why people worry a lot concerns **uncertainty**. It goes like this:



## Problematic strategies for managing uncertainty:



## More helpful strategies for managing uncertainty:

**Accept that uncertainty is part of life.** Once you have accepted that something is present you no longer need to fight it. You can even start to be curious about it.

**Embrace uncertainty.** Psychologists think that it can be helpful to face your fears and embrace uncertainty in order to learn that you can cope. You might even find that you enjoy it!

**Rethink your attitude to uncertainty.** What life would be like if there was no uncertainty? How would it feel if you knew *exactly* what was going to happen at every moment, if there were no surprises? How would it feel to watch a movie or read a book if you already knew the ending?