

Tolerating Uncertainty

A-P-P-L-E

Acknowledge - Notice and acknowledge the uncertainty as it comes to mind.

Pause - Don't react as you normally do. Don't react at all. Just pause, and breathe.

Pull back - Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary.

Let go - Let go of the thought or feeling about needing certainty. Tell yourself it is only a thought or feeling. Don't believe everything you think! Thoughts are not statements of fact. They will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.

Explore - You can explore the present moment, because right now, in this moment, we are okay. Notice your breathing, and the sensations of breathing. Notice the ground beneath you, look around you and notice what you see, what you hear, what

you can touch, what you can smell. Right now. Then shift your focus of attention to something else – on what you need to do, on what you were doing before you noticed the worrying thought, or do something else – mindfully, with your full attention.