

# Facts about Uncertainty

1

Uncertainty is an unavoidable part of life. We we can never eliminate it completely.

2

Your very best and most detailed worrying, won't change the future.



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3

We tend to overestimate the odds of something bad happening and underestimate our ability to cope when bad things happen.

4

We may try to increase certainty by planning, imagining and preparing for each worst case scenario, seeking opinions from others, looking things up online, avoiding things or distracting ourselves.

Worrying makes us feel **WORSE**, not better.

