

3 STEP APPROACH TO MANAGING UNCERTAINTY

Uncertainty can strike at any moment. Whatever the circumstance or condition we may be facing, these easy to learn approaches can be a valuable skill in our psychological and emotional tool- box. From a Beloved who may be suffering with addictions, or any other illness with ourselves or another Beloved, the many challenges of parenting at any stage and age or in our present day world-wide pandemic, we can invite ourselves to consider the following 3 step approach to managing uncertainty that Kelly McGonigal, PhD, offers us.

I think any one of us knows the feeling of feeling out of control, overwhelmed and simply not knowing how to regain our ground, coming Home to Centre. Often we are encouraged to focus on what we can control.

Kelly McGonigal, PhD, offers us another alternative of asking ourselves: what choices do I have in this current situation. Simply another way of helping ourselves re group, re ground and come home to re centering ourselves.

The following 3 steps are what Dr McGonigal suggests:

1. **Affirm your Identity** (our identity, who we know ourselves to be is often challenged during a crisis or when we are feeling out of control)
2. **Acknowledge what is actually difficult** (having safe places we can communicate and acknowledge truthfully what is actually difficult now)
3. **Shift focus of control to choice** (what can I choose in this situation)

Check out the following link @ <https://youtu.be/AM-g5wOGDc8> where Dr. McGonigal goes into more detail. A true treasure of easy to follow skills!

Adapted from Source: Dr. Ruth M. Buczynski, PhD, The National Institute for the Clinical Application of Behavioral Medicine for providing this resource.