
Day 13: Embracing Uncertainty

Today's Focus: Increase comfort with imperfect information

Time Commitment: 20 minutes

Core Exercise: Uncertainty Tolerance Building

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show yourself compassion around this challenge?

Failure reframing check:

How has thinking about failure differently affected your willingness to take action?

Understanding Uncertainty Paralysis (3 minutes)

Many avoidance procrastinators wait for certainty before acting. But certainty is often impossible, and waiting for it becomes another form of avoidance.

Uncertainty Inventory

I tend to avoid tasks when I'm uncertain about:

Circle all that apply:

- The right approach / method
- Whether I'll succeed
- How others will react

- The outcome/results
- Whether it's worth the effort
- If I have enough information
- The timeline needed

The area of uncertainty that paralyzes me most: _____

When I feel uncertain, I typically:

Circle: Research endlessly / Ask for more input / Delay starting / Seek guarantees / Analyze all options / Create elaborate plans / Other: _____

Main Exercise: Uncertainty Practice (12 minutes)

Step 1: Identify Your Uncertainty Challenge (3 minutes)

Current decision/task I'm avoiding due to uncertainty: _____

What specifically am I uncertain about?

1. _____
2. _____
3. _____

What level of certainty am I waiting for? (1-100%) ____%

Realistically, what level of certainty is possible? (1-100%) ____%

Step 2: Make a Decision with Incomplete Information (4 minutes)

Using only the information you currently have:

Option A: _____

Pros: _____

Cons: _____

Option B: _____

Pros: _____

Cons: _____

Based on current information, I choose: _____

What's the worst realistic outcome of this choice? _____

How could I recover if it goes poorly? _____

Step 3: Implementation Intentions (5 minutes)

Purpose: Create automatic responses to avoidance triggers

Complete these if-then plans:

"If I feel the urge to seek more information instead of acting, then I will _____."

"If I feel uncertain about my approach, then I will _____."

"If I start second-guessing my decision, then I will _____."

My specific implementation intention for today:

"If _____ happens, then I will _____."

Self-Efficacy Evidence Log (2 minutes)

Purpose: Build confidence in your capabilities

Recent evidence of my capabilities:

This week I successfully:

1. _____

2. _____

Skills I demonstrated:

- _____
- _____

Times I handled uncertainty well:

- _____
- _____

When I review this evidence, I feel: _____

Uncertainty Action Step (1 minute)

Take one small action on your uncertain task right now, using only current information:

Action I'll take: _____

Time commitment: _____ minutes

Start time: ____:____

Do it now, then reflect:

How did it feel to act despite uncertainty? _____

Tomorrow's Preparation

Tomorrow we'll practice fear visualization and acceptance - deliberately imagining feared scenarios to reduce their power.

Uncertainty Tolerance Thought:

"I don't need perfect information to take imperfect action. I can learn and adjust as I go."
