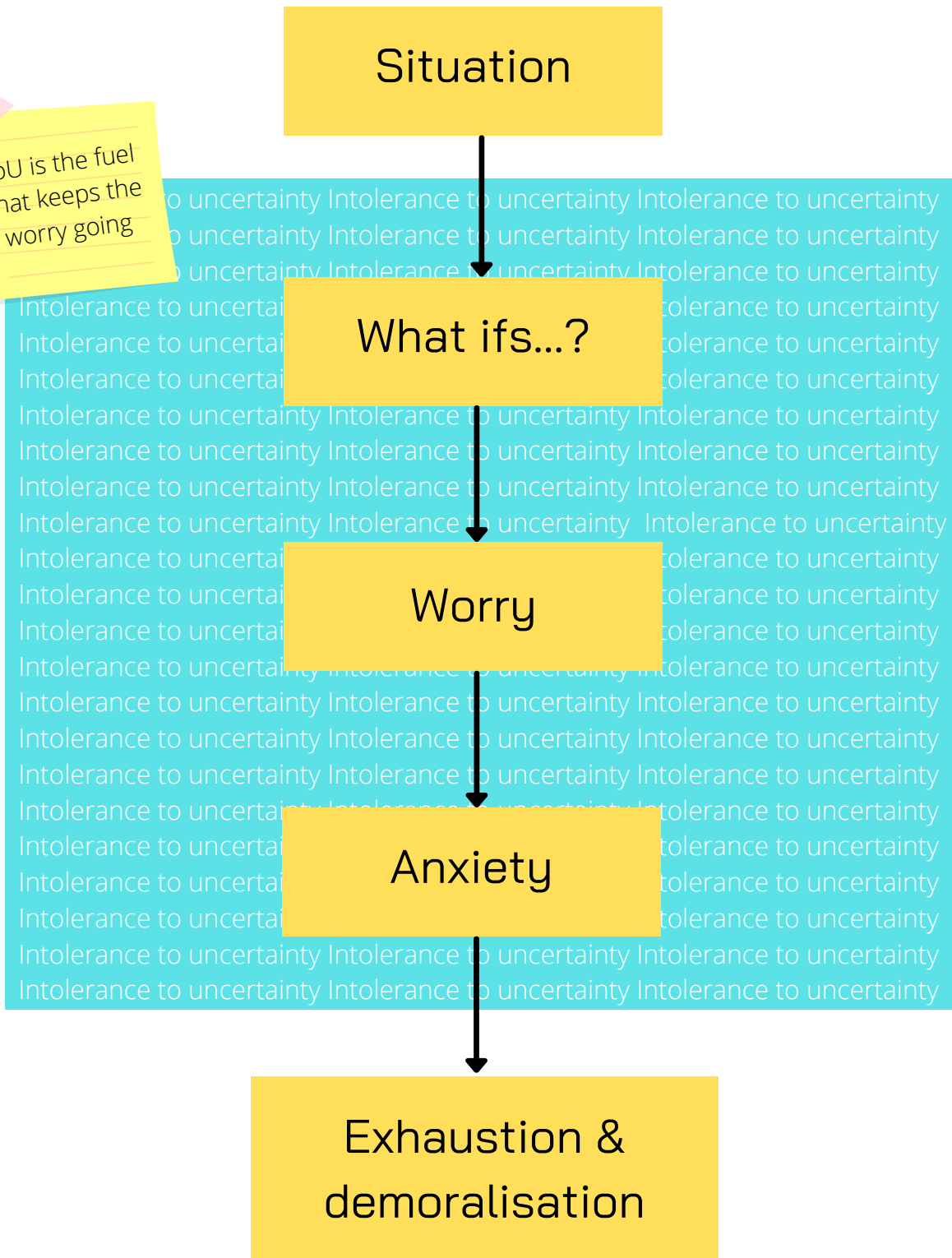


INTOLERANCE OF UNCERTAINTY MODEL

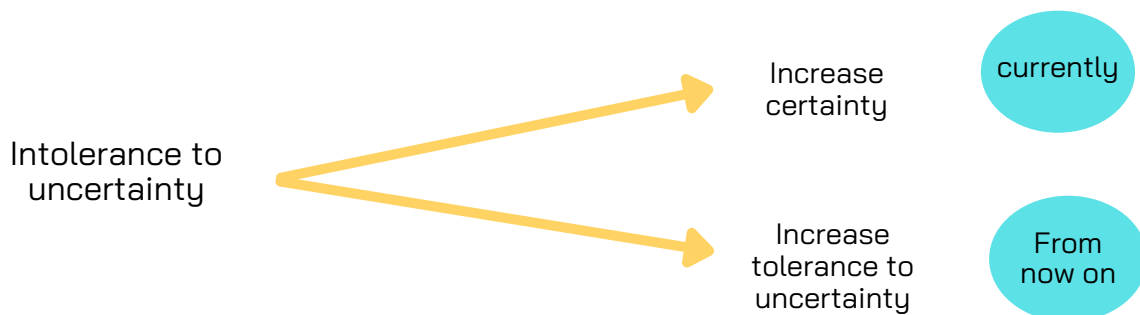
IoU is the fuel that keeps the worry going



MANIFESTATIONS OF INTOLERANCE OF UNCERTAINTY

Safety Behaviours Things I do MORE of when I feel uncertain	Avoidance Behaviours Things I do LESS of when I feel uncertain
<ul style="list-style-type: none"> • A need for lots of information • Checking and re-checking • Not delegating (doing everything yourself) • Excessive 'to do' lists • Arriving early for things • Reassurance seeking • Doubting decisions already made • Over-protective to others • Over preparing 	<ul style="list-style-type: none"> • Procrastination • Not going out (behavioural avoidance) • Mental avoidance (thought suppression) • Commitments - avoiding or remaining in jobs or relationships • Making excuses rather than making decisions (especially when put on the spot)

Consider how exhausting these behaviours are in addition to the exhaustion caused by excessive worry. When you are intolerant of uncertainty there are two options...



Experiment dropping safety behaviours

1. My chosen behaviour _____
2. During the experiment
how did I feel? _____
3. During the experiment
what did I think? _____
4. Now it is over what do I
think & feel now? _____

Use this template for a series of experiments dropping the safety and avoidance behaviours you have identified above. Take ownership of this task and keep doing these experiments throughout therapy.