WORKSHEET 13 · FOR THE PSYCHOLOGIST

Living with doubt

Living with uncertainty instead of seeking certainty

AIM

Help the person identify what they do to get certainty (checking, searching online, asking for opinions, planning everything) and practise acting without complete certainty.

WHO IT IS FOR

Generalised anxiety, need for control, difficulty making decisions. Adults.

DURATION

20 min in session; small daily exercises for 2 weeks

HOW TO RUN IT

1. Explore the idea that uncertainty is unbearable: what happens when the person doesn't know?
2. List their certainty-seeking behaviours and what they cost them.
3. Suggest small exercises in which they deliberately act without knowing everything (choosing a restaurant without reading reviews, sending a message without rereading it three times…).
4. After each exercise: what happened? How did they handle the doubt?
5. Gradually increase the importance of the situations.

POINTS TO WATCH

> This is not about taking real risks, but about letting go of excessive checking in everyday situations. Start with low-stakes situations.

REFERENCES

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Freeston, M. H., Rhéaume, J., Letarte, H., Dugas, M. J. & Ladouceur, R. (1994). Why do people worry? Personality and Individual Differences, 17(6), 791-802.

PSYCHOLOGIST'S NOTES

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WORKSHEET 13 · WORKSHEET TO HAND OUT

Practising living with doubt

Nobody can be sure of everything. Seeking certainty calms you in the moment, but makes doubt harder and harder to bear. You can learn to tolerate it, little by little.

1. What I do to be sure (checking, searching, asking, planning everything): _____
2. Choose a small situation in which you will act without knowing everything.
3. Do it, without extra checking.
4. Note what happened and how you handled the doubt.

Situation	What I didn't check	Discomfort /10	What happened

What do I learn about my ability to bear doubt?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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