

SELF-TALK FOR COPING WITH UNCERTAINTY

Uncertainty is a difficult feeling to tolerate because people want to know where they are heading. Medical patients have a lot of uncertainty in their lives. Below is a self-dialogue to help you cope with it.

PREPARING FOR AN UNCERTAIN OUTCOME

I do not know how this situation will turn out. There is uncertainty.
I am not able to control what will happen and that bothers me.
How much do I dislike the uncertainty in this situation, from 0 to 10?
How much am I bothered by not having control to make the situation go the way that I want?
Get ready to cope with not having certainty about the outcome of this situation? Do not hate it being that way. I cannot change the situation.

EXPERIENCING UNCERTAINTY AND LACK OF CONTROL

It is unpleasant not knowing what will happen next but I can bear not knowing.
It would be nice to know how my body will feel or how the situation will turn out but I do not have that surety at this time. Accept that.
Do not hate living with uncertainty. Tolerate it instead.
I can live without a crystal ball. It would be nice but I do not have to know. Certainty is not a must—only something that is desirable.
Knowing the future is not necessary for having a pleasant life.
I can still be in control of my life by controlling my responses to uncertainty. Control what I can control.