

**EXERCISE 10.2: PULLING THINGS
TOGETHER**

This exercise summarizes the key points in this chapter.

What are the key strategies that you use to manage uncertainty?

Overall, how much energy and effort are you putting into managing the unmanageable, that is managing uncertainty?

What ideas did you come up with to help challenge your intolerance of uncertainty? What behavioural experiments can you think of to help you learn to tolerate uncertainty?