

UNDERSTAND YOUR RELATIONSHIP WITH UNCERTAINTY

A short self-assessment and guide to build your comfort with the unknown

WHAT THIS IS

This simple self-assessment helps you understand your current *comfort with uncertainty* and gives you ways to strengthen it.

It's based on psychological research into **tolerance for ambiguity** (Budner, Furnham, Frenkel-Brunswik) and connects directly with *Be More Strategic, Chapter 7: Be More Comfortable with Uncertainty*.

"We can't eliminate uncertainty but we can change how we relate to it."



PART1 – SELF ASSESSMENT

Rate each statement from **1 = Rarely** > **4 = Almost Always**

#	STATEMENT	HOW TRUE [1] [2] [3] [4]
1	I feel uneasy when things don't go to plan.	
2	I act decisively even without full information.	
3	I like to know exactly what's coming next.	
4	I see ambiguity as an opportunity to learn.	
5	I get anxious when outcomes are unpredictable.	
6	I stay calm and curious when things change suddenly.	
7	I often wait for certainty before acting.	
8	I can hold multiple possible answers in mind.	
9	I'm comfortable saying, "I don't know, yet."	
10	I adjust quickly when plans shift.	

Scoring

Add your total (max = 40).



What your score suggests:

10 – 20

Low tolerance

You prefer clarity and control; start small with new or unplanned experiences.

21 – 30

Moderate tolerance

Open but sometimes reactive; practise pausing before responding.

31 – 40

High tolerance

Adaptable and curious; use this strength to help others manage ambiguity.

PART 2 – BUILD YOUR COMFORT WITH UNCERTAINTY

Try one of these small experiments this week:

1. **Leave a gap:** Make one decision without gathering every piece of data.
2. **Reframe the unknown:** Replace “I don’t know” with “I’m learning.”
3. **Micro-experiments:** Try something new daily e.g. a new route, food, or idea.
4. **Observe reactions:** Notice what triggers discomfort and breathe through it.
5. **Ask better questions:** “What could this teach me?” instead of “How can I control this?”

Tip: Journal moments of uncertainty for two weeks: what happened, how you felt, and what you learned. Over time, uncertainty shifts from threat to teacher.

REMEMBER:

Resilience isn't the absence of uncertainty it's the ability to stay curious inside it.

