



Embracing the Unknown

A practical guide to letting go of "What if" and finding peace in the present

1. IDENTIFYING THE "WHAT IFS"

When we face uncertainty, our brains naturally try to fill in the blanks, often imagining the worst. Let's bring those thoughts out into the light so they lose some of their power.

1. What is a specific area of your life right now where you are experiencing a lot of uncertainty or a fear of the unknown? (e.g., career, a relationship, health, a big upcoming decision)

2. What are the main "what if" thoughts your mind is generating about this situation?

- What if

- What if

2. APPLYING THE CONTROL FILTER

We cannot control the future, but we always have control over our next step. Let's separate the two.

Consider the situation you described above, and split the details into the two categories below:

Things I can't control	Things I can control
<i>Examples: Other people's reactions, the economy, what happens tomorrow.</i>	<i>Examples: My current actions, my boundaries, how I speak to myself.</i>

3. EMBRACING BOTH SIDES OF THE UNKNOWN

Anxious minds tend to view the unknown as a threat. But remember: uncertainty also means there is room for positive surprises, growth, and new opportunities.

If the unknown could bring something unexpectedly positive or neutral regarding your situation, what might that look like?



4. GROUNDING YOURSELF IN THE PRESENT

The next time you find yourself caught in a loop of future-focused anxiety, use this quick grounding exercise inspired by the blog.

1. The Reality Check

Ask yourself this powerful question right now: **"What is true right now?"** (Focus only on your immediate physical reality and facts, not your fears. e.g., "I am sitting in a chair. I am safe in this room. I am breathing. I don't have to solve tomorrow's problems today.")

Right now, it is true that: _____

2. My Present-Moment Action

When the "what ifs" start getting too loud this week, what is one small mindfulness practice or action you can take to bring yourself back to the present? (e.g., *Taking three deep breaths, doing a 5-4-3-2-1 senses check, stretching, stepping outside for fresh air*)

My mindfulness practice: _____

The goal isn't to never feel anxious again or to magically love uncertainty. It's about learning to respond to the unknown with self-compassion, flexibility, and trust in your ability to handle whatever comes your way —one step at a time.

If navigating this feels like too much to handle alone, remember that reaching out to a therapist can provide you with tailored tools and a supportive space to heal.