

Thriving Through Uncertainty

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Uncertainty can feel uncomfortable because our minds naturally seek predictability and safety. Yet growth, resilience, and meaningful living often require us to move forward without having every answer. The goal is not to eliminate uncertainty—it is to build confidence that you can respond to whatever comes.

1. **Normalize uncertainty** Every life includes change, ambiguity, and unexpected events.
2. **Notice your story about uncertainty.** Ask yourself: ‘What am I predicting, and what evidence supports that?’
3. **Focus on your sphere of influence.** Put your energy into your choices, values, and next right step.
4. **Replace rigid expectations with flexible plans.** Adaptability is often more helpful than certainty.
5. **Practice grounding skills** such as slow breathing, mindfulness, or engaging your senses when anxiety rises.
6. **Remember past resilience.** Reflect on difficult situations you have already navigated.
7. **Take small, intentional steps** outside your comfort zone to increase your tolerance for uncertainty.
8. **Stay curious.** Instead of asking, ‘What if everything goes wrong?’ try, ‘What else might be possible?’
9. **Lean into supportive relationships.** Connection helps regulate fear and expands perspective.
10. **Trust that uncertainty creates room** for learning, growth, and opportunities you cannot yet see.

Reflection Questions

- What uncertainty am I facing right now?

- What parts of this situation are outside my control?
- What is one action I can take today that aligns with my values?
- If I trusted my ability to cope, what would I do next?