

THE ADVANTAGES & DISADVANTAGES OF ACCEPTING UNCERTAINTY

The chart below can be used to help you determine the costs and benefits of accepting uncertainty.

For example, what are the advantages and disadvantages to accepting uncertainty about having an illness or disease?

| ADVANTAGES | DISADVANTAGES |
|---|--|
| <i>Example: I can relax and not worry</i> | <i>Example: I may be overlooking something</i> |
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