

DON'T KNOW EXPLORATION WORKSHEET

If you are reading this, you are probably going through a time when you don't know what to do – what I call having a Don't Know Experience.

Every experience of uncertainty has its own unique personality, intensity, and impact.

Yet, our human brain and body have been programmed to automatically react to any threat – perceived or real, to ensure our survival. In times of uncertainty and change, when you don't know what's coming or what to do, your psychology and physiology will react by putting you into flight, fight or freeze mode without conscious input from you.

It takes awareness, time, and practice to actively decide to have a different **reaction** to uncertainty, rather than staying stuck in your **automatic response mode**. To begin to consciously change how you react, you need to know how your brain is programmed.

The best place to start any journey is to find out where you are right now.

Let's explore how you automatically react. Once you are aware of this, you can always change that reaction to a desired response.

Instructions: Print out this worksheet and answer the questions below. Write down the first response that comes to mind. There are no right or wrong answers. This is your private exploration, to increase your awareness.

Exploration Questions:

1. When something in my life changes or is about to change, I feel _____.
2. When I don't know how to stop something from changing, I feel _____.
3. When I feel threatened, I _____.
4. When I get bad news, my first reaction is to _____.
5. When I don't know what to do, I _____.
6. When I don't know what to do, I feel _____.

Think of one very recent situation that rocked your world.

What was the situation?

How did you react? _____

How did you decide what to do? _____

What specifically don't you know right now? _____

1. How does not knowing make you feel? _____
 2. What is the nagging voice in your head saying to you? _____
-

3. Not knowing is affecting my (check all that apply):

- a. _____ sleep
- b. _____ overall well-being
- c. _____ ability to think
- d. _____ temperament and emotions
- e. _____ happiness
- f. _____ energy
- g. _____ relationships
- h. _____ playfulness
- i. _____ physical health
- j. _____ mental health
- k. _____ other (describe) _____

4. How have you approached times when you don't know in the past?

5. Are you willing to explore a new relationship with uncertainty and learn a new life skill that will allow you to grow when you don't know?

6. If there was one thing or situation in your life that you could change right now, what would it be?

Thank you for responding and taking the time to explore your current Don't Know Experience. When you become aware of where you are, you then have the power to change where you go from here!

I am here to assist you on your path to knowing again!