

My Tolerance for Uncertainty

Purpose: Help leaders recognise how uncertainty affects their system and choices.

1) Situations where uncertainty affects me most are:

(e.g. long timelines, unclear authority, emotional stakes)

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2) When uncertainty stretches me, I tend to:

- seek answers quickly
- increase control
- delay decisions
- carry responsibility alone
- feel internal tension

3) Physical or emotional signs that my tolerance is low include:

(e.g. tight chest, urgency, irritability)

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4) If I increased my tolerance slightly, I might:
(e.g. pause longer, listen more, allow options to emerge)

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5) A sentence I'll carry forward is:

“I don't need certainty to remain coherent.”

*Leadership doesn't eliminate uncertainty.
It increases the capacity to stay with it.*