

Many times, worry starts with a need.

The need to be sure, to know what will happen, not to make a mistake, not to doubt, to feel absolute certainty. And then the mind starts constantly searching for answers, analyzing, checking, rethinking, trying to find perfect certainty.

Acceptance does not mean that you like uncertainty.

It means that you stop sacrificing your life trying to make it disappear.

Today I want you to try a different attitude.

Say I don't know yet and I can continue.

Today's exercise is a single sentence.

Complete. I can't be sure

or certain that and yet I can do it and stop there.

Don't continue analyzing.

Don't look for additional certainty.

One sentence is enough.