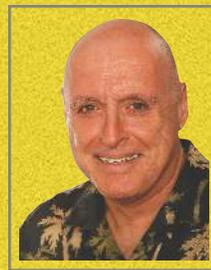


THE EXTRA POINT

BY JERRY ROBERTS



802 I'm Uncertain Over Ways to Handle Uncertainty

Would you say that uncertainty is a part of life for everybody? I think so. Tomorrow is not guaranteed, and we don't always know what's coming next. So, how should we deal with the uncertain? I'm Jerry Roberts and we'll jump into the topic next, on The Extra Point.

I read from multiple sources every day, trying to see what different folks are thinking about and how I can relate to it. Hopefully, something I pick up will spark ideas for what we do here on The Extra Point. One such piece I came across dealt with the topic of uncertainty, and how to handle it. It was published prior to the 2020 election.

You and I both have uncertainty in our lives, and we need to manage it in order to function. Otherwise, we would be overwhelmed with worry and fear over what could be headed our way.

So, what was offered up was a list of ideas on things to do to deal with our uncertainty. Some were good and I agreed, some were not so good. Some were just dumb. I'll pass along some from each category.

1. Plan for who you'll be after the election. I'm sorry, but the election had the power to change who you are? You had no plan before the election? Who is this piece of advice aimed at? File this in the dumb category.

2. Keep that file open. The next one is to make a plan for your life, even if you know it won't happen. That will supposedly lower your anxiety over uncertainty. Why on Earth would you make a plan that is not going to happen? This is like going to the airport with luggage in hand, AFTER the flight has departed. It's going to the restaurant when it's closed. Feel free to add your own example.

The point is, why do it when you know what you want isn't going to happen? If you're

going to plan your life, it should be a mixture of what can happen, and then indeed raise the bar and go after things that you feel might be a stretch. That was what Robert Browning meant in his poem when he said "A man's reach should exceed his grasp — or what's a Heaven for?"

3. Find someone who needs help, and give it to them. Okay, I'm onboard with that. Helping other people can help us feel better about our lives, and that would get us part feelings of uncertainty — at least temporarily.

4. Don't make things worse by beating yourself up for feeling uncertain and anxious. Absolutely, it's perfectly normal to have those feelings.

5. Back to the delete file, with "learn to live in limbo." No, learn to plan and carry out your plan. That will give you more certainty, and less uncertainty.

6. Let's stay with planning. IFTTT — if this, then that. Now, you're talking. You work out a bit of strategy for what you're going to do, however things break for you.

It's just strange. How can someone who suggests that we should learn to live in limbo, then come up with IFTTT, and have an answer and direction for whatever comes our way?

7. Get physical. Focus on self-care, stretching, exercise, and feeling better. It may not end uncertainty, but you'll likely handle it more effectively.

8. This one gets out there a little. It's to reduce your worry over uncertainty by picturing the most competent leader you know, and asking how they would handle the situation.

(Con't.)

Okay, right now, this moment, are you uncertain over anything at all? Lock that thought in. Got it?

Now, identify the most competent leader you know. Got him or her? Great.

Ask yourself how he/she would deal with what you're going through? And the answer is.....

There you go. Uncertainty gone? Glad we could help.

So much stuff gets written that is impractical, or just silly. Can any of this actually work? Yes, I think so.

Of the eight methods, there are a few that can yield results. Consider the rest for *entertainment purposes* only. If anything does work, gratitude is cheerfully accepted...though we'd prefer Bitcoin.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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