

UNCERTAINTY: EMBRACING THE FREEDOM OF NOT KNOWING **by Joan Stenzler, LCSW**

Why on earth would I want to be uncertain of anything? Isn't it so much better to find the answer, to "figure it out?" Smart people seek solutions, find answers and are respected and admired for their decisiveness and resolve.....Right?

Most people believe that resolution is the way to go, in most aspects of their lives. Being able to move on to the next thing is all about finding the answer to the latest question. Most of us think that choosing an answer means that we are done with that particular aspect of our life experience, since having an answer should mean we are now certain about it. Now we are sure and that is that.....

Unfortunately, human beings tend to feel pressured to figure things out, to look like "we know" what's happening and what to do about it. Often, in our haste to look sure, we feel almost compelled to act as if we are certain and choose a side, a position or an answer, in order to not look foolish, in order to not look wrong.

However, part of what this "drive to be decisive" does is that it sometimes pushes us to choose a stance any stance, just so that we can say that we have one, even if it is not the one that truly reflects how we feel or what is most important to us. When decisions are made this way, they often overlook what innately feels right inside...

It is a trap to "act certain" when it is not urgent that you make a choice or if you don't resonate with the choice you are considering. If you make a choice just to feel like you're "somewhere," you will only increase ambivalence & lack of clarity in the future because in truth, you are still not certain in the here and now, just not allowing yourself to recognize it.

So what is a better way to respond to uncertainty? By allowing yourself to BE WITH your "not knowing" for as long as it needs to hang around and until you can get a clear sense from your intuition or inner wisdom or what might be an appropriate way to respond and more so, what really does resonates with you.

Practicing meditation or yoga can help to clear out many aspects of mental confusion, increase your patience for waiting and opens you up to access your wisdom.

So many people over the years have chosen to be on the side of what is popular, thinking this is a sign of good judgment. If you make a choice in order to be accepted or to fit in, in the long run, how much will it actually relate to how you really feel or to being true to yourself?

A better and more authentic way to find your answer is to dedicate time to go inside through meditation, yoga or with a psychotherapist familiar with mindfulness practices and tap into your intuition and inner wisdom.

Where do answers reside? They are found in your heart and when you allow yourself to open to the wisdom of your heart, you will discover the wonder and the freedom of being authentically uncertain, trusting that when the time is right for answers to emerge, that they will and your choice will be clear

Joan is a holistic psychotherapist with a private practice serving the NY Metropolitan Area. Her work integrates Eastern wisdom with Western psychology, blending meditation, mindfulness and conscious dialogue. Joan specializes in working with couples and invites those interested to arrange for a FREE 20 min phone consultation. Learn about her work at: www.joanstenzlerlcsw.com. To join her mailing list and receive FREE articles on conscious communication, couples issues and mindful living please-mail Joan at: info@joanstenzlerlcsw.com. She can be reached directly at 646-250-5379