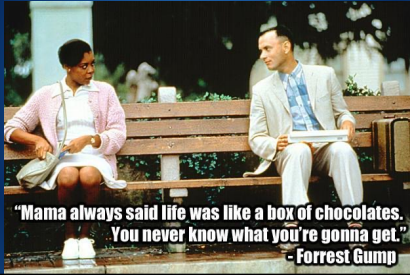


Uncertainty



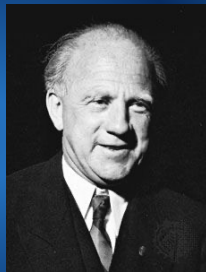
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Uncertainty



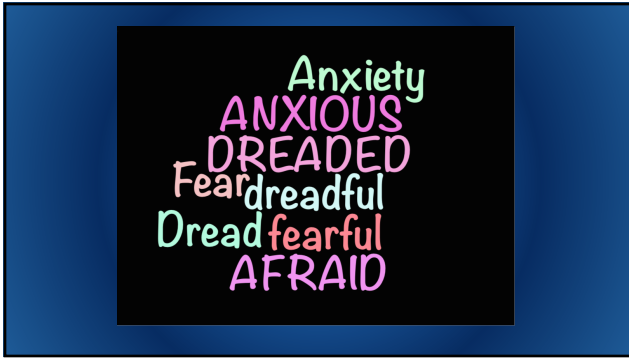
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Uncertainty is NOT "I don't know." It is "I can't know."
"I am uncertain" does not mean "I could be certain."

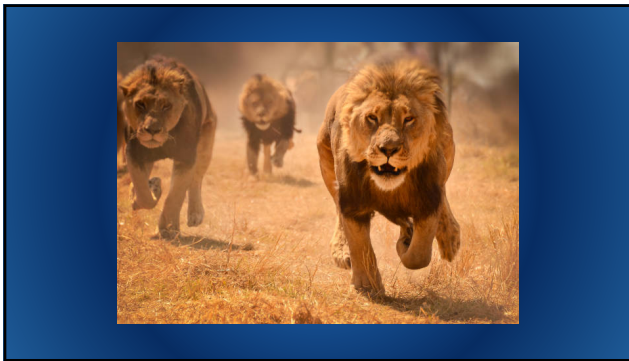


Werner Heisenberg

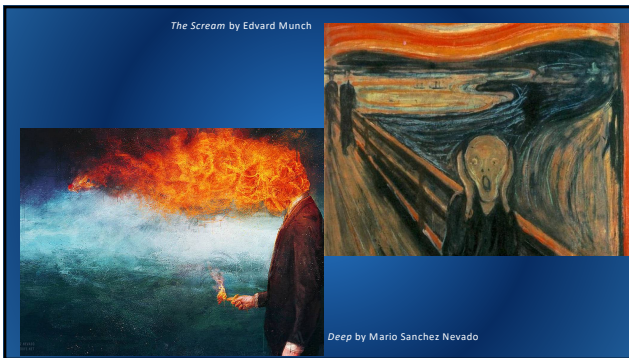
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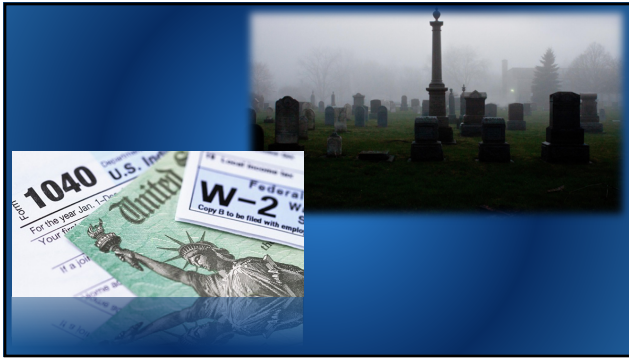
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Sources: External


- Circumstances of Our Birth
- The Unavoidable Actions of Others
- Areas of Control, Influence, and Concern
- Our Expiration Date



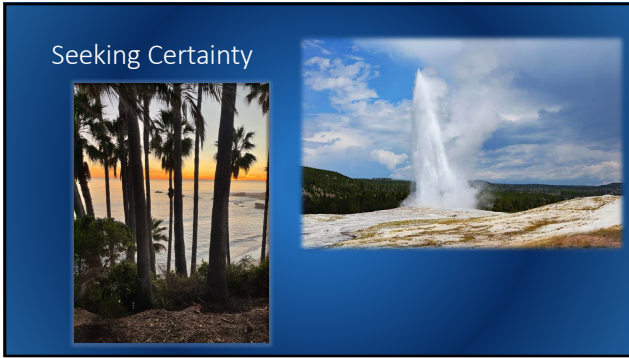
11

Sources: Internal

- Our Hidden Personal Self (Unconscious)
- Experience & Meanings of our Social Location
- Our Traumas



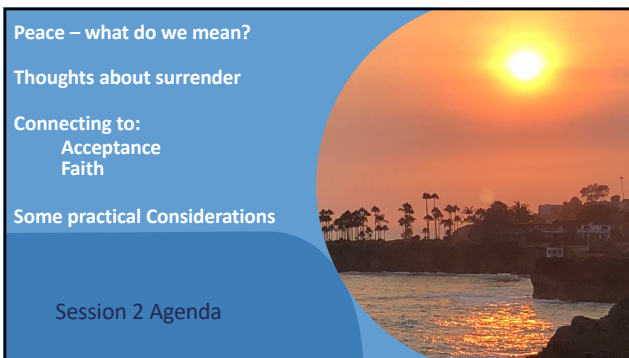
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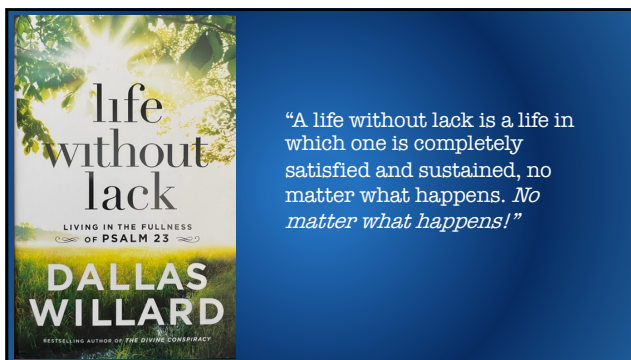
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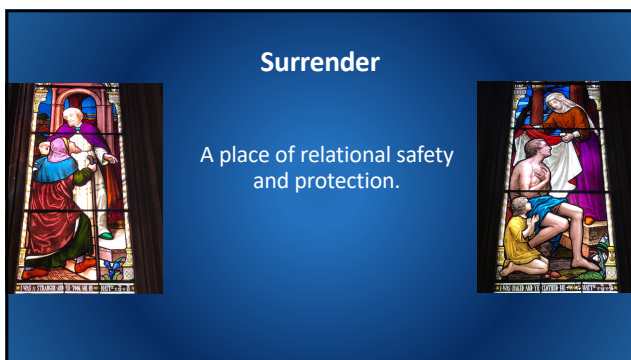
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Surrender




A place of **relational** safety and protection.

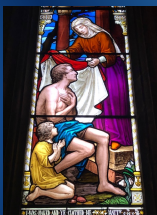


22

Surrender



A place of relational **safety** and protection.



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Acceptance

“Seeing things the way they are, and not as they say they are.”

Stephen Hays

Truthful Thinking and Truthful Process

Elizabeth Allison & Peter Fonagy

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Faith

Faith as belief?

Faith as reliance.

Faith as allegiance.



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Practical Considerations

- Identifying the barriers to surrender
 - Our misunderstandings and resistances
- Identifying the formative practices we can initiate or continue
- Grieving the necessary losses
- Building our uncertainty tolerance

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