

Navigating Uncertainty – Finding Peace through Surrender

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Seminar Outline

Part I – The seduction of certainty and the disruption of everyday absolutes

In this session we address the emotional toll of uncertainty. First, we consider how fear, anxiety, and dread wreak havoc on our development, personal mental health, and our relationships. Next, we explore the external and internal sources of our uncertainty. We end this session by outlining how our attachment to certainty leaves us emotionally and spiritually vulnerable.

Why this topic is important to our mental/spiritual health and ongoing sense of being:

- Fears, anxieties, and dreads

- Sources of our uncertainty:
 - o External:

 - o Internal:

- The paradoxical way we seek certainty:

- Signals that we may need to address uncertainty more directly

Part II – Surrender as the antidote to certainty

In this session, we explore the nature of emotional, spiritual, and relational peace. How do we get there, and how do we surrender into an acceptance of the realities of what life brings, without giving up or checking out?

What does it mean to have a peace that passes understanding?

Surrender:

Acceptance:

Faith:

Moving towards Surrender – Practical considerations