

The Search for Certainty

When reassurance only helps for a little while.

Sometimes we look for reassurance because, for a moment, it helps us feel safe. There is nothing wrong with that. But when the uncertainty returns, we may find ourselves searching for reassurance again, especially if we have not yet learned how to meet that uncertainty on our own.

These questions are not here to stop you from seeking comfort or to offer certainty. They are simply here to help you notice what happens within you when you begin searching for reassurance—**and to leave a little more room to hear your own voice.**

1. What am I hoping reassurance will give me?

You might notice you're hoping to feel safer, calmer, understood, or simply able to breathe a little easier. Your answer may be something completely different.

2. What am I feeling before I look for reassurance?

You might notice emotions, thoughts, or physical sensations. You might notice anxiety, overwhelm, confusion, or tension somewhere in your body. Your experience may be completely different.

3. Have I been here before?

You might notice whether this feels familiar. Sometimes the situation changes while the feeling stays the same.

4. How long does the reassurance usually stay with me?

You might notice whether the relief lasts for minutes, hours, or longer before you feel the need to seek reassurance again. There is no right or wrong answer.

5. What helps me return to myself?

You might notice what helps you feel more like yourself again. It could be a walk, meeting a friend, or reading a few pages of a book. There is no right answer.

There is no right way to sit with these questions.

Sometimes simply sitting with one of them is enough.

Whatever you notice is enough.