

# HOW TO MANAGE AMBIGUITY

## ARE YOU RISK-AVERSE? DO YOU HAVE TROUBLE WITH UNCERTAINTY?

Here are **six possible causes** and **strategies** for each:

**1**

### DISCOMFORT WITH LACK OF CONTROL

Focus on what you can control

#### Accept what you can't control

When you can't control a situation, you still control your reaction.

**2**

### DISTRESSED BY LACK OF PREDICTABILITY

Imagine & plan for possible outcomes

Use available information to anticipate the best & worst possible outcomes and potential risks vs. rewards. Hope for the best; plan for the worst.

**3**

### NOT A FAN OF CHANGE

**Communicate**

Encourage open and honest dialogue about concerns. Psychological safety will diffuse fears and decrease resistance to change.

**4**

### NEGATIVE BIAS

**Choose cautious optimism**

Ambiguity often precedes breakthroughs and innovation.

Instead of cynicism, maintain a healthy skepticism that is still open to positive outcomes and learning.

**6**

### PERFECTIONISM

**Embrace progress over perfection**

Expect and embrace mistakes as learning opportunities. Breakthroughs are often the product of iteration.

**5**

### RIGIDITY; NEED FOR 100% INFORMATION

**Balance thinking with flexible, forward action**

Use "ready, aim, fire" approach paired with continuous feedback and adjustment.

## THOUGHT QUESTIONS:

- Which of these underlying causes do you struggle with?
- What is the cost/benefit ratio of holding onto your old ways of thinking? What could you gain by changing your approach?

