Living with uncertainty about health

Why being sure about your health is not possible, and how to live with that.

Health anxiety makes a demand that cannot be met: "I need to be completely sure nothing is wrong." No doctor, scan or blood test can promise that. Everyone lives with some uncertainty about their health. Most of the time, most people do not think about it.

The problem

Trying to get certainty takes more and more time, and leaves less room for everything else. People can spend so much energy trying not to become ill that they stop living as if they were well.

A different approach

You do not have to believe you are healthy. You only have to be willing not to know for sure, and to put your attention back on your life.

When my mind says...	I can answer...
"What if it is something serious?"	"Maybe. I cannot know for certain, and neither can anyone. I have a plan with my GP."
"I need to check, just once."	"Checking gives me five minutes of relief and then more doubt. I will let the urge pass."
"What if the doctor missed something?"	"That is possible for everyone. I am choosing not to chase certainty today."
"I cannot relax until I know."	"I can do things that matter while not knowing."

What worry has pushed out

Things I have stopped doing or enjoying because of health worry

If I trusted my body a little more, what would I do this week?

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