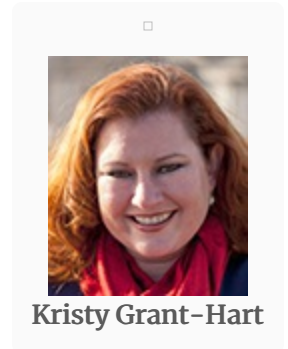


CEP Magazine – July 2022 Stop the uncertainty as soon as possible

By Kristy Grant-Hart

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Author H.P. Lovecraft was onto something when he wrote, “the oldest and strongest kind of fear is fear of the unknown.” Humans *desperately* hate uncertainty. During periods of uncertainty, habitual and automatic mental processes are disrupted, creating conflict in the brain that can lead to outsized emotional reactivity and hypervigilance.^[1]

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