



Comfortable with Uncertainty

By Melanie Sumner









Which one are you?

ARE YOU COMING TO BED?

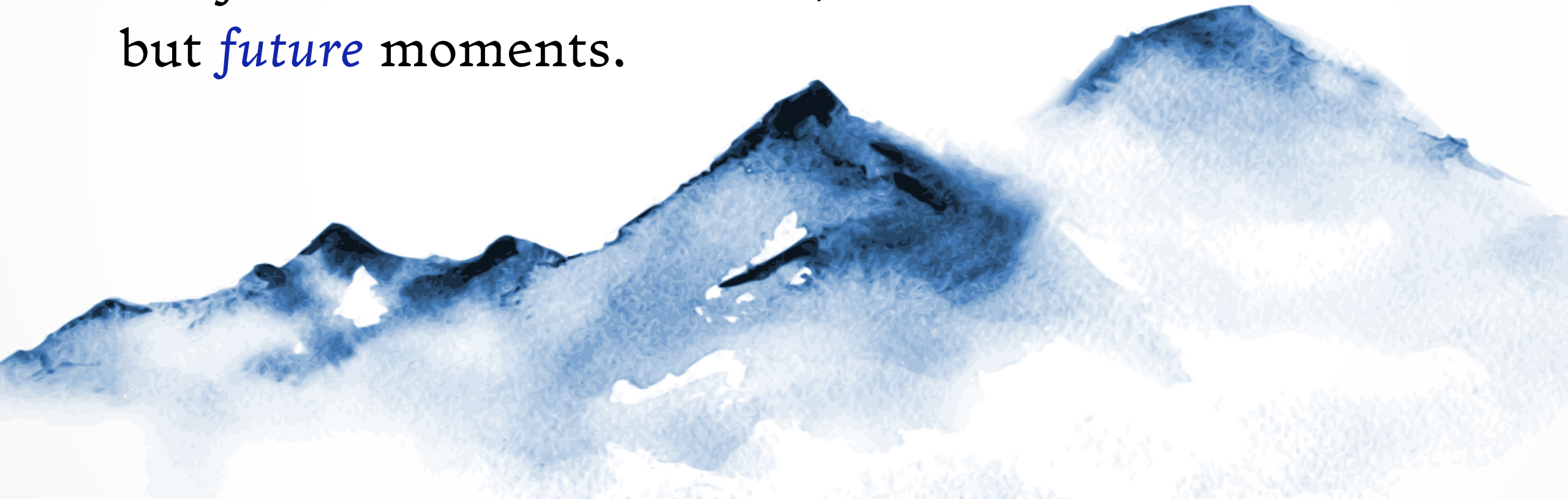
I CAN'T. THIS
IS IMPORTANT.

WHAT?

SOMEONE IS WRONG
ON THE INTERNET.



How we relate to *this* moment
sets the stage for how we will relate
not just to the *next* moment,
but *future* moments.






How we respond
has *power*.



We can *open* the door to
new possibilities.

We can also *close* the door
to new possibilities.





Responding with fear
closes the door to
possibility.

We *all* have fear

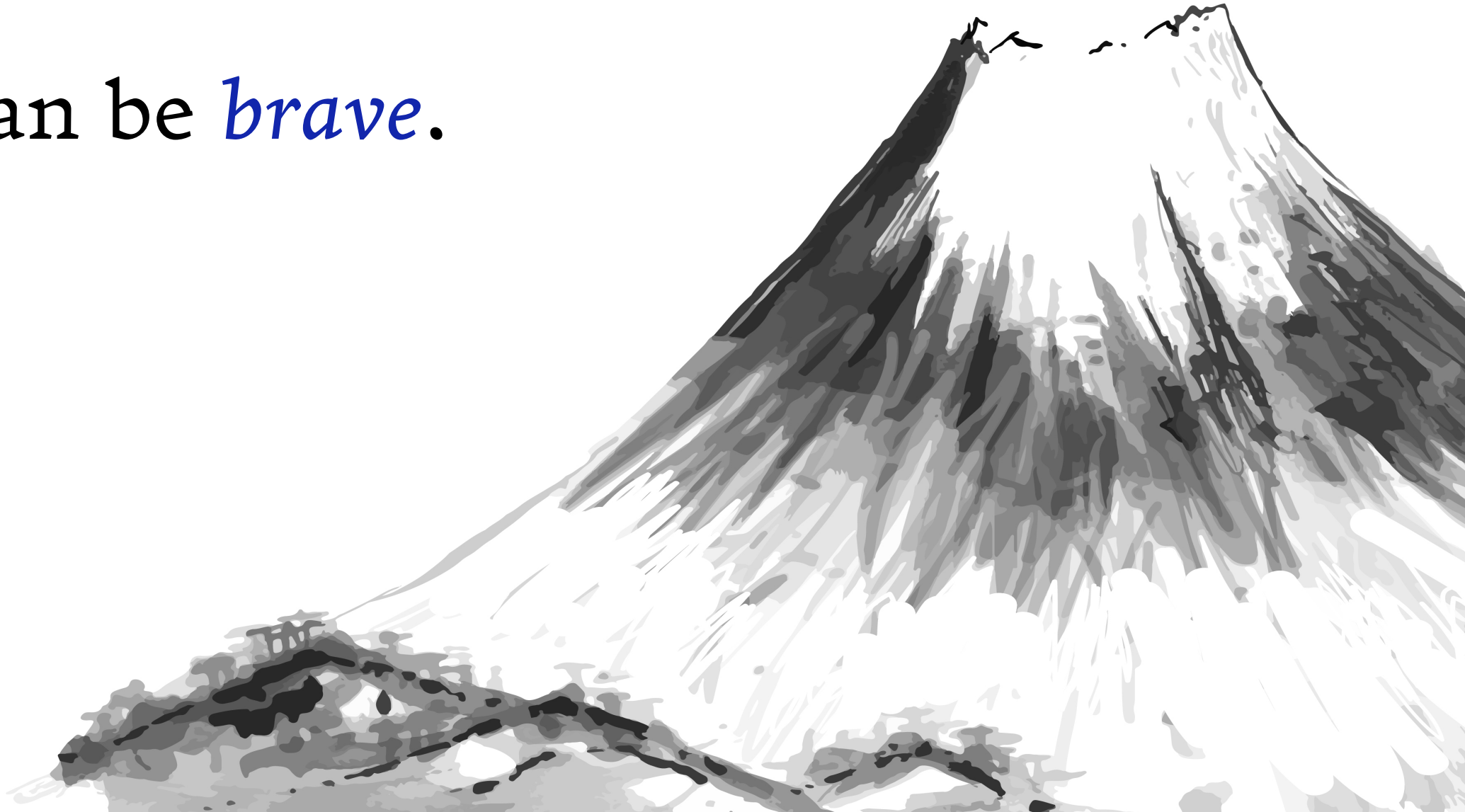
We *all* have discomfort



We can *never* avoid uncertainty.



We can be *brave*.



Being *brave* means we have *chosen*
to cultivate our
fearlessness.






- Observe
- Analyze
- Think



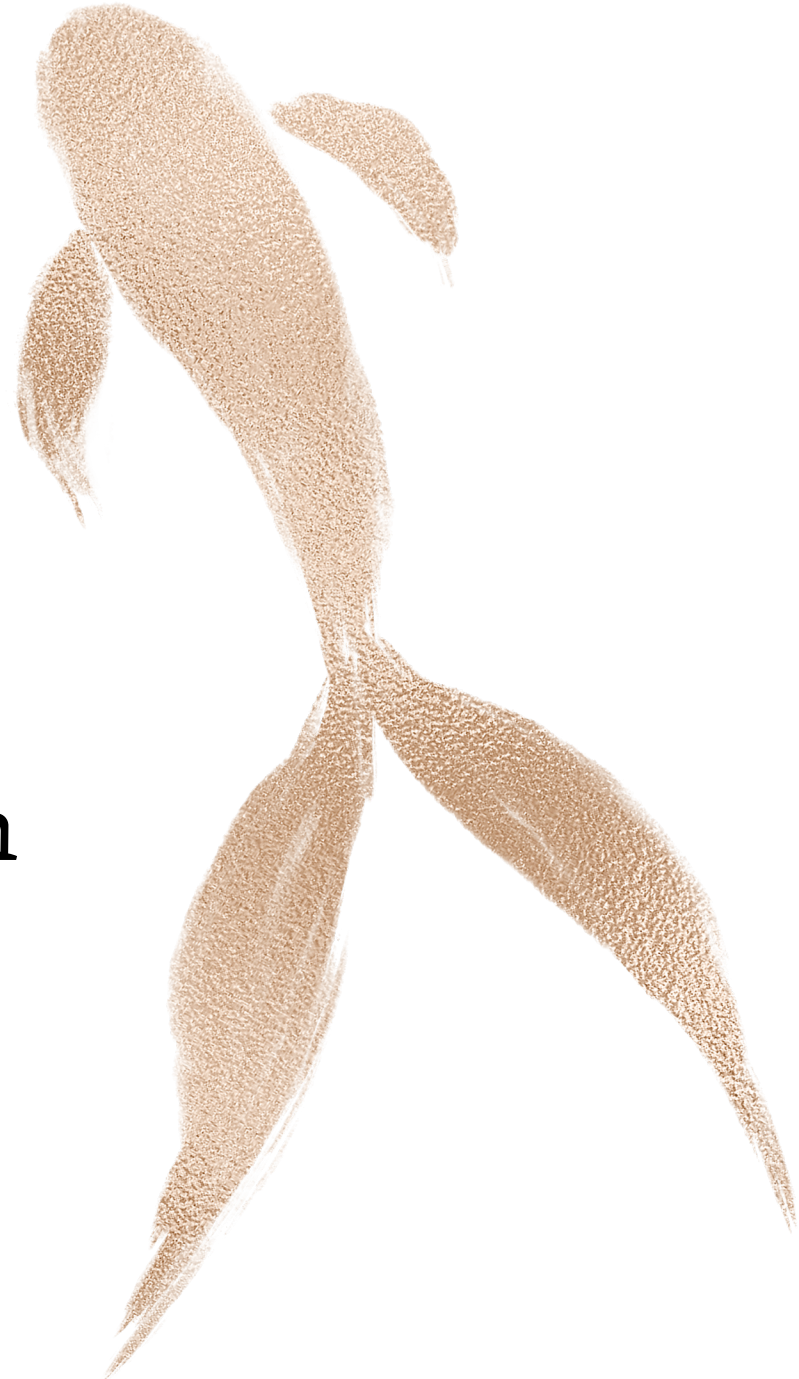
“*Nobody* uses Ember anymore.”

- a person being wrong on the internet



How did that
make you *feel*?

- Step back
- Observe the reaction or feeling
- Practice speaking the observation





“I *observe* that you are incorrect.”

- me, being right on the internet

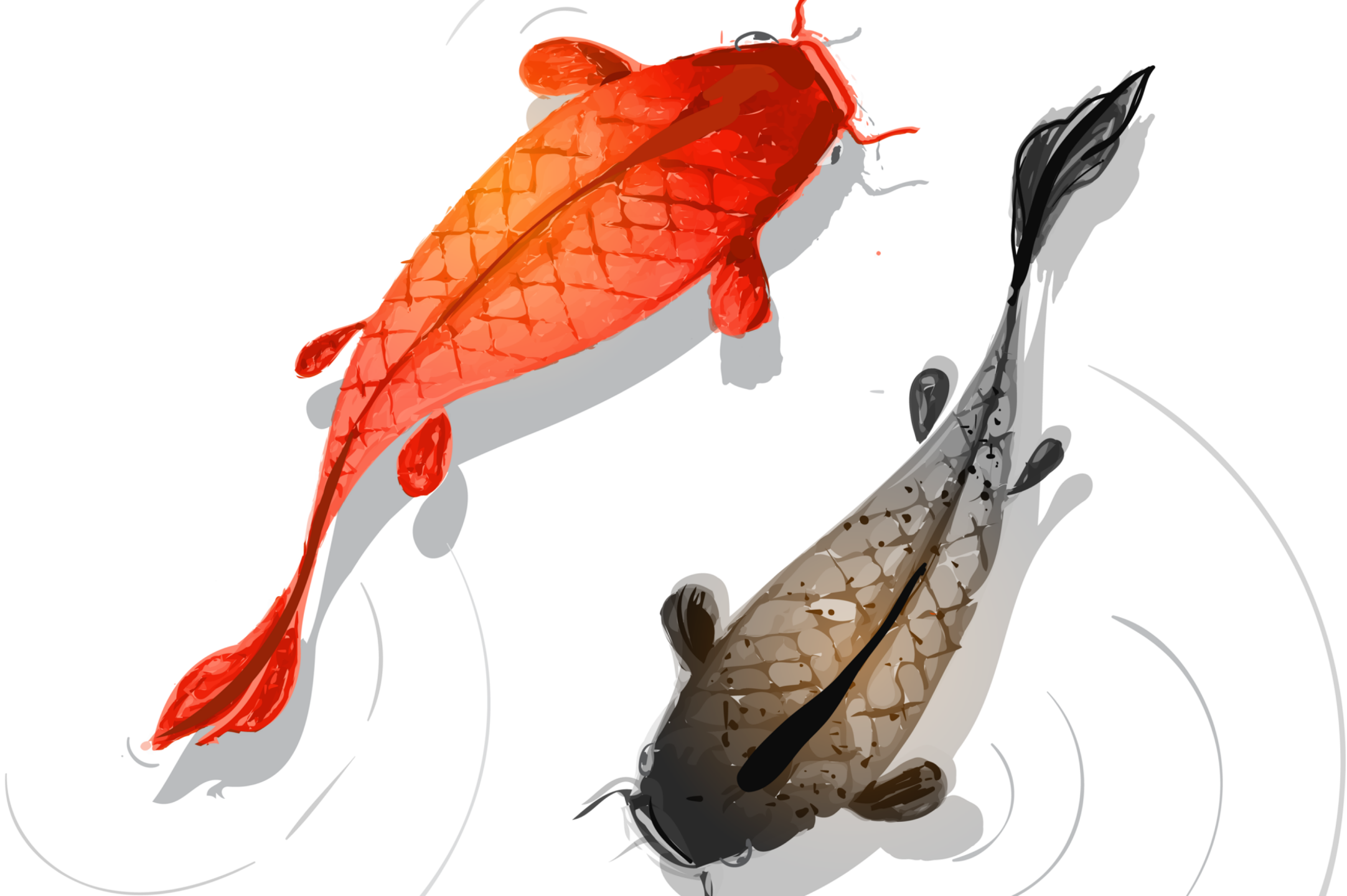
Analyze the claim





“The *data* says that
50% of developers
use React.”





An illustration of two koi fish swimming in water. The fish at the top is orange and red, while the fish at the bottom is grey and black. Both fish have detailed scales and are surrounded by concentric circles representing ripples in the water. A semi-transparent white banner is positioned across the middle of the image, containing the text "Analyze the context".

Analyze the *context*



“The data says that
50% of people who do
X use **Y**.”



“The data says that 50% of people
who responded to this survey that do
X use Y.”



How many people responded to the survey, then?

Scenario A

- We can approximate that there are 10,000 *people who do X*
- We know 1,000 *people who do X* took the survey
- The survey represents 10% of all *people who do X*
- The claim (“50%”) represents 5% of all *people who do X* who *also did the survey*

If 500 people answered this way, out of the 10,000 total, does this statement have enough significance to be meaningful?

Scenario B

- We can approximate that there are 10,000 *people who do X*
- We know that 8,000 *people who do X* took the survey
- The survey represents 80% of all *people who do X*
- The claim (“50%”) represents 40% of all *people who do X* who *also did the survey*

If 4,000 people answered this way, out of the 10,000 total, does this statement have enough significance to be meaningful?

An illustration of two koi fish swimming in water. The fish in the upper left is orange with a detailed scale pattern. The fish in the lower right is grey with a similar scale pattern. Both fish are shown with motion lines around them, suggesting they are swimming. The text "Analyze the collection methods" is overlaid in the center, with "collection methods" in a blue, italicized font.

Analyze the *collection methods*



Are the data
collection methods
easily available?



Does the study tell
you *who to contact* if
you have any
questions about the
research?



Are you *able to*
reproduce the
results of the
study?

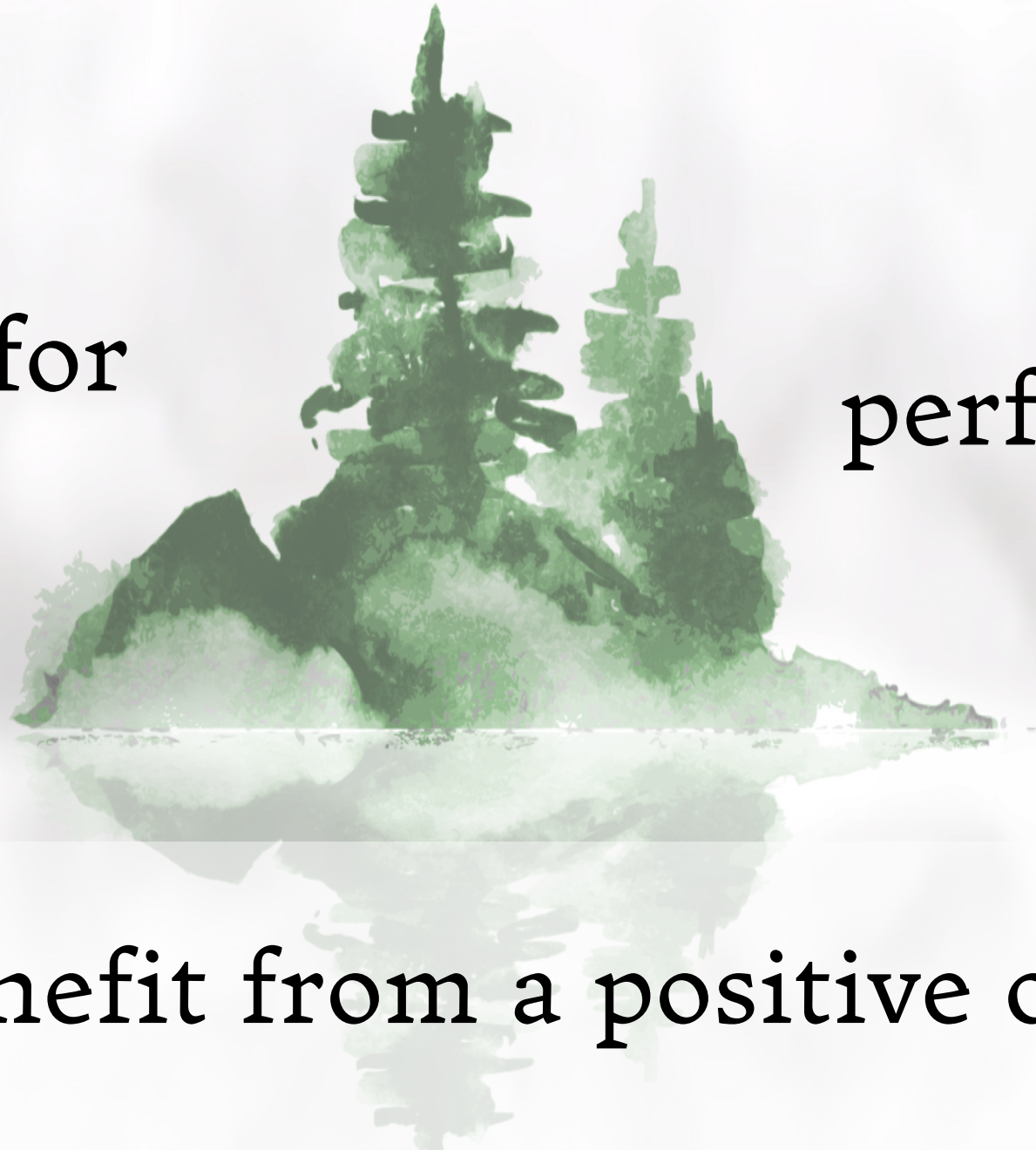
An illustration of two koi fish swimming in water. The orange koi is in the upper left, and the grey koi is in the lower right. Both fish are depicted with detailed scales and fins, swimming towards the right. The background is white with faint, light grey concentric circles representing ripples in the water. A semi-transparent horizontal band is positioned across the middle of the image, containing the text.

Analyze the *backers*

Who paid for
the study?

Who
performed the
study?

Do they benefit from a positive outcome?





Take time
to *think*.

A faint, artistic watercolor illustration of a bird perched on a branch, rendered in shades of gray. The bird is positioned behind the main text, with its head turned slightly to the right. The branch and leaves are also depicted in a soft, painterly style.

ember®

Be fearless.

I'm *proud* of you. I want to tell you that in case no one else ever has. Passion, patience, and persistence will win. Don't beat yourself up. You are a work in progress which means you'll get there a little at a time, not all at once. Everything will be okay in the end. If it's not okay, it's not the end. You are much stronger than you think. A little progress each day adds up to big results. You are good enough. You are worth it. I believe in you.

