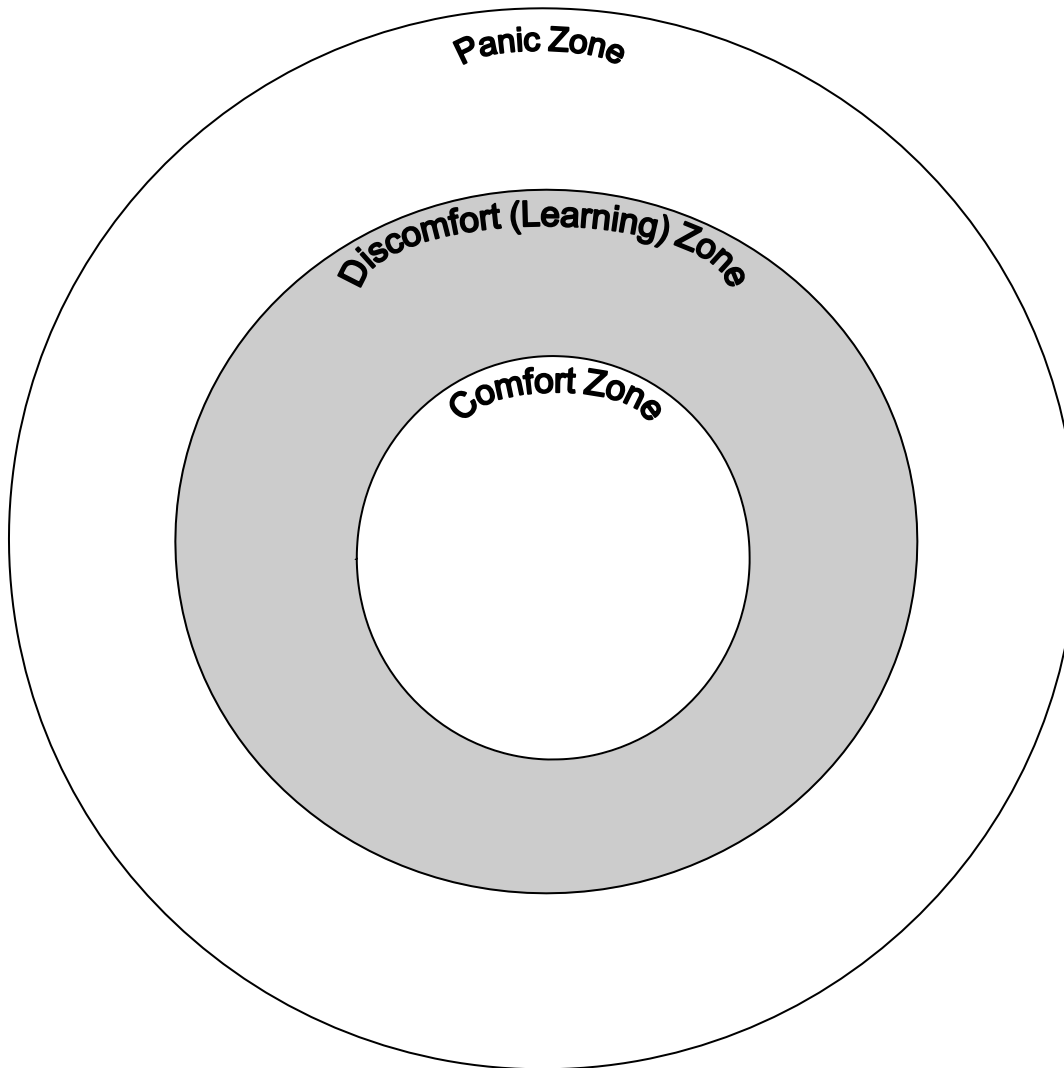


Zones of Discomfort



Comfort Zone: Easy, Safe, Boring

The comfort zone is where many of us operate. It's the location of the skills and knowledge we have acquired. Whilst it is, by definition, the most 'comfortable', you are unable to make progress or build skills in the comfort zone, as it consists of the abilities we already have and do easily.

What tasks/duties are in your comfort zone?

Discomfort Zone (Learning zone): Interesting, Challenging, Scary

Within this zone you have some skills and/or knowledge required, however, may not feel confident as you require further development. The thought of carrying out this task, while in this zone, may result in anxiety or fear, although you understand you would be more effective with this skill or knowledge. As a result of this feeling of discomfort, we often avoid skills within this zone and therefore, the learning required to progress. This is the most proactive of zones to be in as your limited knowledge or skill is a basis to build upon. Once developed the feeling of discomfort will pass and this skill/knowledge will move into the comfort zone. Allowing new skills/knowledge to move, in time, from your panic zone to this zone.

What tasks/duties are in your discomfort (learning) zone?

Panic Zone: Overwhelming, Difficult, Terrifying

This is where the skills or knowledge outwith your current abilities lie. You feel you have minimal skill or knowledge in this zone. If asked to undertake a skill in this zone, you may experience feelings of being overwhelmed or panic stricken. Due to this high level of negative emotion, learning is unlikely to take place in this zone. It is therefore important to be able to identify how to move activities from this zone, into your discomfort (learning) zone.

What's in this zone for you?

Please note: To optimise learning, it is encouraged that you focus on the skills/knowledge that are within your discomfort zone. Although uncomfortable and challenging this is achievable, and will result in long term confidence and capability.