

Breaking Out of the Comfort Zone

While it may seem that remaining in our comfort zone will protect us from discomfort, there is a risk that it will start to shrink. Instead, rather than residing in our area of familiarity, it is important to create a degree of discomfort (Schoen & Loberg, 2014).

Use the table below to identify opportunities to challenge our comfort zone.

Consider the following areas in your life and identify habits or common practices that make your life more fixed. Then in the right-hand column, think of something you could do differently:

Area	Habit or common practice	Something outside the comfort zone
For example, eating	I pick up a take-out on the way home every Friday.	Try that new Greek restaurant along the coast.
At home		
At work		

Area	Habit or common practice	Something outside the comfort zone
With my friends		
In my free time		
Other		

Area	Habit or common practice	Something outside the comfort zone
Other		

Simply reading a book, listening to music, or going to a play that challenges you can break you out of your comfort zone and make you more ready to deal with the unfamiliar or unexpected.

References

- Schoen, M., & Loberg, K. (2014). *Your survival instinct is killing you: Retrain your brain to conquer fear and build resilience*. New York, NY: Plume, published by the Penguin Group.

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