

Leaving Your “Comfort Zone”



Zone Descriptors>

To have a **growth mindset** is to believe that our most basic abilities can be developed through dedication and hard work (Dweck, 2008). But, this can be a scary thing. It requires us to find the courage to leave our comfort zone, feel through the fear, and journey towards learning and growth.

But how do we do this? We can start by understanding the costs of staying in our comfort zone and the necessity to leave this zone to experience growth.

★ The yellow circle represents our **comfort zone**. It is the space in which we feel safe and in control. Here, things come easy to us. We know what to do and what to expect. However, no learning or growth takes place here.

★ To learn and grow, we must leave the comfort zone and step into the **fear zone**. The fear zone is uncomfortable and uncertain. We do not know what to expect, and we cannot build on our previous experiences. We may even retreat back into our comfort zone if the fear becomes too much. This is the most challenging part of our journey to learning and growth.

★ If we can muster the courage to endure the fear zone, we come out on the other side, the **learning zone**. Here we can begin to acquire new skills and learn to deal with challenges and problems, ultimately extending our comfort zone.

★ When we stay long enough in the learning zone, we begin to experience that we can change and start to redefine ourselves in terms of what we can do, achieve, and feel comfortable with. Over time, we enter the **growth or stretch zone** and experience changes on a personal level.

Adapted from the Positive Psychology Instagram post “[Leaving Your Comfort Zone](#)”.

Positive Psychology provides more information at their “[How to Leave Your Comfort Zone and Enter Your Growth Zone](#)” article.