

OUT OF OUR COMFORT ZONES

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We will not know what we are really made of until we stood up and challenge ourselves. It may be okay to be in our comfort zones for a while but being anchored to stay there may ruin our chance to become better. Life is an uphill battle and the ability to adapt comes from gathering up the courage to face the challenge. A warm and familiar place can be both encouraging and confining, but humans are built to live surviving in a world full of threats and challenges. When hardships are handled well, this in turn can push personal boundaries towards self-growth. With that, stepping out of our comfort zone, from time to time, can be a worthy endeavor.

Oftentimes, it is fear that keeps us remaining in our safe places. It is not because we don't want to grow, but because it's the fear of not knowing where it will lead us, what it looks like, and how to get there. Our brains crave routines. Once we are familiar with our current situation, we tend to fear experiencing a little stress brought by adjustment. Accepting change becomes harder to realize because we, people, are wired to expect the worst. We tend to evaluate if the choices we make will bring negative impacts on our lives. It influences our brains to give more weight to negative thoughts and events. We really are afraid of the unknown so we tend to focus more on the negative consequences than carrying on the positive outcome.

Why do we need to step out of our comfort zones? We need to experience a little bump on the road in order to grow and discover a sense of self. Staying in our safe places does not allow us to experience an element of surprise. We have to discover that we are capable of being adaptive and flexible in order to become more productive and gain more

self-confidence. We have to be brave enough to put trust in ourselves. Challenging ourselves can help us reach the peak performance level that we can get. Every time we accomplish something we did not think that we are capable of doing, we tend to become more confident and skilled. Taking risks will also help us respond better to stress. We are more likely to weigh the pros and cons before we make a move, and therefore calculated risks oftentimes produce favorable outcomes. If things did not go perfectly as planned, we become determined to try new things and grow from failure. The willingness to step up makes it easier to tackle another milestone. Knowing that we were able to overcome the things we thought are insurmountable can support our confidence that we are capable of more.

“Nothing ventured, nothing gained” is an overused phrase, but strikingly a good one. Growth takes place only when we are willing to become comfortable with being uncomfortable. It is okay to stay in our comfort zones for a while but staying too long can make us complacent, it will somehow result in missed opportunities and personal growth.

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