

# Coping And Contending With The “Comfort Zone”

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As we pursue our goals, new behaviors and outcome, we experience being uncomfortable. Count on it! That is the process as we expand our boundaries. Knowledge is power, and its utilization your strength.

The comfort zone are the activities that we've done enough to feel comfortable in doing. Anything new, different or untried lies outside our comfort zone.

Feelings of uneasiness are of five emotions:

Fear, Guilt, Unworthiness, Hurt feelings, Anger.

These are feelings people have when they say; “I am uncomfortable”.

With anxiety or depression these feelings are exaggerated, where we find it difficult or impossible to even think about doing something different or untried, becoming immobilized by our thoughts and feelings considering changes.

To reach our goal, we must **CHOOSE**, moment by moment to take steps in the direction of our dreams. Reaching ones goals is not always comfortable.

Thoughts trigger a learned emotional reaction. The subtle ways in which the comfort zone keeps us from our dreams are remarkable! We have been programmed to do whatever it takes to avoid Fear, Guilt, Unworthiness, Hurt feelings and Anger.

The exaggerated physical reactions from anxiety or depression are enough to avoid anything new. Unfortunately, fear burgeons. One of the masks of the comfort zone is procrastination, a lack of motivation. At the very foundation of Thought, we often follow our programming on what is familiar.

In reality, the comfort zone is an important part of our built-in success mechanism.

Each time fear or guilt, unworthiness, hurt feelings and anger surface, and they will, we can either **CHOOSE** to run from them or use the energy to take yet another step towards our goals.

Recognizing we are creating these reactions through Thought will liberate us from a prison we never realized we hold the key to.

We have natural in-built resources to contend with the exaggerated reactions; by breathing properly, slowly inhaling and exhaling; changing the direction of thought, or focusing in new

directions. When we are reacting, it is as though we are sucked within ourselves, seemingly unable to extricate ourselves from the spiraling feelings of uneasiness and discomfort. It is our underlying Beliefs that create these cycles of paralysis; of being in or out of control.

We are the Masters of our Minds; when “old” programming comes up, we must ask ourselves if our CHOICE is to continue to believe limits or expand awareness. Our CHOICE of Thought creates feelings, our feelings activate Emotion, and it is Thought and Feeling combined that is the Motion of our Emotions.

☞ Fear becomes excitement, the energy to do our best in a new situation. The energy to mobilize action. (Fight or Flight)

☞ Guilt becomes energy for making personal change; to understand our behavior, to change/challenge mis-taken beliefs about what our behavior “should” be.

☞ Unworthiness in its way keeps us on-track. We tell ourselves that we are worthy of our dream, and then let feelings of unworthiness about pursuing other dreams to guide us to success; In essence, boundaries for consistency, focus.

☞ Hurt feelings remind us how much we care. If we didn’t care we wouldn’t hurt. Hurt feelings remind us to turn back to caring, healing damage. Then we can re-direct the energy towards our goals.

☞ Anger is energy to change. It informs us we need to focus to create or resolve. When anger is mis-used it tends to turn into depression; Depression is anger turned inside out.

In order to use the comfort zone to get what we want, we must feel what we call uncomfortable: Changing old limiting experience into opportunity. For now however, it is fear and it is uncomfortable! Be willing to feel uncomfortable. The comfort zone are boundary lines, like a fence surrounding your property.

Pursuing our goals is learning to use the comfort zone as the support system it truly is. The primary benefit is realizing our goals. Learning that no-thing is truly bad within ourselves: We learn that the world is not out to get us or we are self-defeating, weak or self-indulgent. We begin to recognize we are truly the ones who create personal boundaries and feelings.

The present is your Point of Power, Where true CHOICE occurs.

The past can not harm you, nor can the future.

You live, exist in the Present Moment.

How powerful to realize that the past is merely thought, and so too is the future.

Your reality is truly in the Here and Now.

How powerful you are, truly, that a “mere” thought can be so powerful to affect your physical body, your emotions.

A thought...