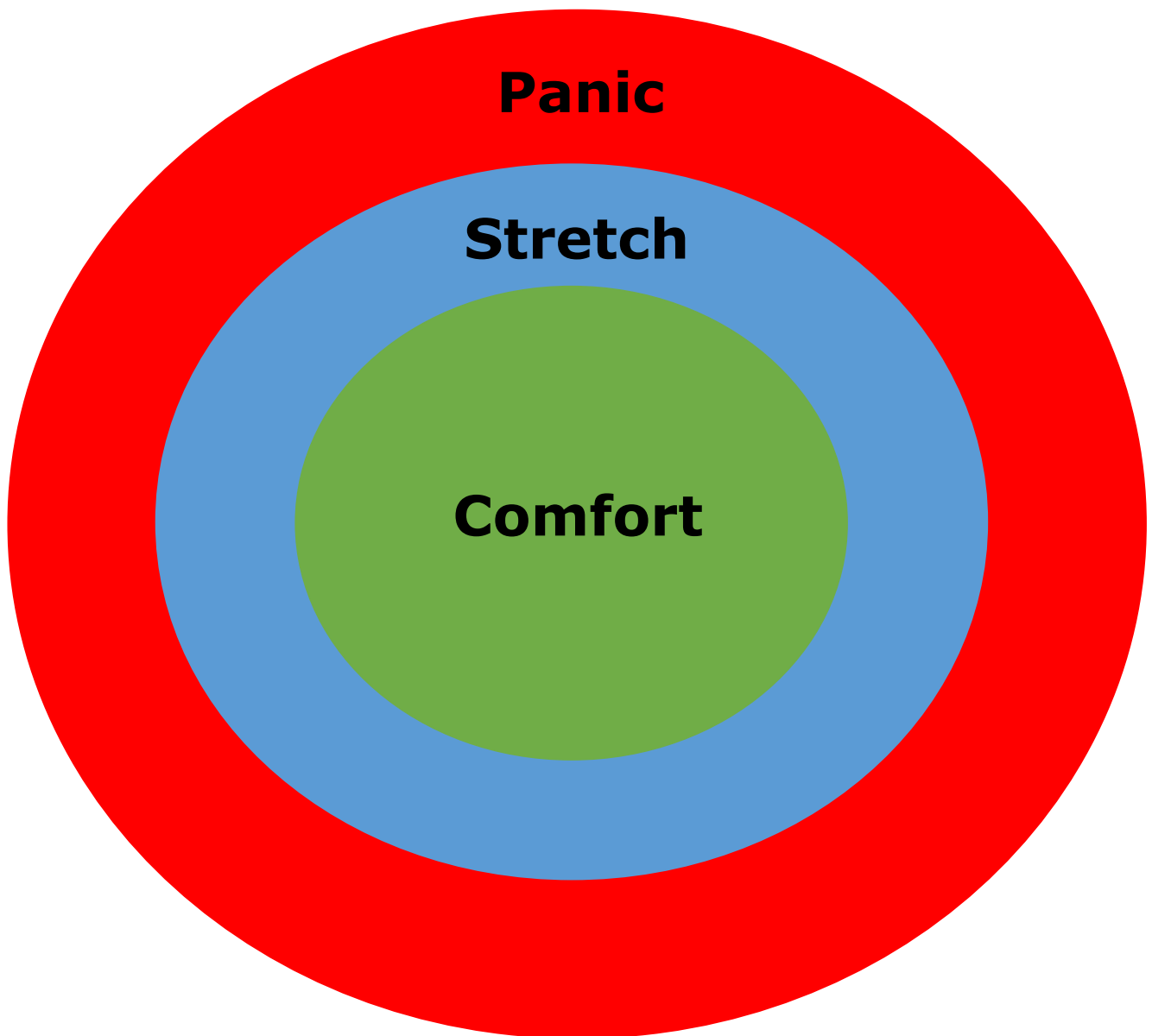


Reviewing – Comfort Zones



Comfort Zone Model, Tuson (1994)

The comfort zone: Your comfort zone is just that – comfortable – most likely an environment that you are familiar with.

The stretch zone: Your stretch zone is the area of exploration and adventure. Maybe it's something you haven't done for a long time or have never done before. It is where we stretch and challenge ourselves mentally, emotionally or physically.

The panic zone: where we are so far out of our comfort zone that psychological well-being could be seriously affected. This could be described as "harmful" or "dangerous".