

Assertiveness, learning and the comfort zone

Being assertive is a skill, and like all skills we learn and improve by doing it. We all have a **comfort zone** where we feel safe and confident, and can do things competently without feeling anxious (though we're not likely to feel very excited, either!). The comfort zone is all about things that are known, familiar and safe.

Outside the comfort is the **learning zone**. This is where we have to go to improve, learn new skills or stretch ourselves. In this zone we will feel nervous, unsure and a bit unsafe (we may also feel excited – nerves and excitement are closely related). The further away from the comfort zone we go the bigger these feelings are.

Finally, we can go into the **no-go area** – this is the place where we feel so scared that it's not possible to learn – we just want to get back to somewhere where we feel safer again!

Everyone is different – their comfort and learning zones are different sizes and what activities are in each are different. **But we can all expand our comfort and learning zones by spending more time in the learning zone.**

