

FINDING YOUR GROWTH ZONE

Growing in therapy and life, requires work, effort, and resiliency. Often, we feel stuck, frustrated, and overwhelmed. We can better understand why and how we get stuck with the following graphic:



Usually, when you see a bullseye, the goal is to hit the center. Instead, this graphic shows that we want to hit the middle green zone. The zone represents the ideal place for humans to grow and change. It lies in between the other two zones.

The **red** outer ring is called the **Danger Zone**. Here learning and growing is blocked. Changing becomes too scary, too fast, or too stressful to effectively learn or grow. If you are in this zone, it's time to evaluate and adjust your stressors and expectations. This is also time for a little more Self-Care.

The **yellow** middle is called the **Comfort Zone**. Here learning and growing is limited. In this zone we get too comfortable. If you are in this zone, it's time to ask yourself what you really want. Write down some goals and define your values. It's time to dig a little deeper and increase your action, efforts and hold yourself accountable. Time more for personal integrity.

The goal is the middle **green** ring: the **Stretch Zone**. This is the ideal zone to learn and grow. When we are in this zone we can move towards our goal with intention and action. Here we can stretch and work towards becoming who we hope to be.

NOTE: We often have expectations and goals for our relationships. Some we are aware of and others we develop without even realizing it. It is important to remember we can only work on ourselves. We can work to effectively communicate and connect with others to try to influence our relationships. But we cannot make someone else move into the Stretch Zone. We can only move ourselves into the Stretch Zone and work to influence from that zone.