

ZONES

A tool for bringing awareness to conversations and identify emotional status at any given moment.



CONTEXT

This is a good tool to have a common understanding of each others' emotional status. It is one of the basic elements of 'being present' and establishes first steps in forming deeper conversations.

If you are feeling that your family member, colleague or friend is having a hard time in naming their emotions and understating their own sense of presence this might be a useful concept to talk about.

GROUP SIZE

2+

TIME



GROUP TYPE

Family
Friends
Colleagues

MATERIALS

Open ♥s

FRAMING

There are situations of varying degrees and familiarity. We can be completely at ease in one situation, and very uncomfortable in another. A useful tool for thinking about these different situations in our lives is the 'comfort, stretch, and panic zone' frame. These zones relate to how we relate with others, as well as how we relate with ourselves.

COMFORT ZONE: is the zone in which things are familiar and easy. I know the situation, I have been in it many times, and I know how to deal with the situations that arise. Things in my comfort zone include a conversation about something that I do not feel very strongly about or have no interest in, or something that I have spoken about so many times, it is now no longer uncomfortable. Bottom line: the comfort zone is where things are known.

STRETCH ZONE: is the one in which I am much less comfortable, in which I feel challenged, but in which I am still learning, growing, and listening. This could be meeting someone from a country I have never met before but have heard a lot of negative things about growing up. My heart beats a little faster, I am physically and mentally uncomfortable, but I am still listening to other person (and to myself), present and engaging.

PANIC ZONE: is the one in which I am so beyond my stretch that I no longer have the ability to be fully present in the situation. Panic zone is the moment I stop listening. That's all it means. It can look loud or quiet, calm or crazed. It only means I am no longer engaged or able to truly listen. Panic zone means we have gone into fight or flight.



PROCESS

- 01 Ask if these concepts make sense or sound familiar to your community.
- 02 Share some examples for your own comfort, stretch and panic.
- 03 Ask them to share their own comfort, stretch and panic.
- 04 If you want to stretch more in the conversation, you can ask each other comfort, stretch and panic moments specific to your relationship with the person or group you are practicing



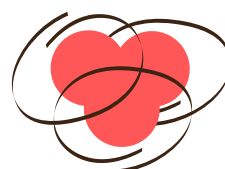
SUGGESTIONS

KEY PRINCIPLES

No Comparison, Only Awareness: What situation might be in the comfort zone for one person, might be in the stretch zone for another, might be in the panic zone for still another.

Ever-Changing...
What one day you might experience in your stretch zone, another day you might find in your panic zone. These zones are all malleable and change within and among us, literally from moment to moment.

Ability to Stay in Stretch: In the stretch zone, there is the opportunity for growth and learning. The more I hang out there, the more I stretch, the more I expand.



Jamosphere Depthometer