The comfort, stretch & panic zones

Comfort zone

- · Easy, simple, familiar
- · Restful, relaxed, confident
- · Static, fixed, protected
- · Boring, understimulating
- Claustrophobic

Stretch zone

- . New, different, challenging
- Active, demanding, uncertain
- · Developing, learning
- Engaging, absorbing
- . Tiring, satisfying

Panic zone

- Overwhelming
- · Stressful, scary, too much
- · Can't learn effectively
- Urge to retreat

The Boundary Panic

Ying-Ying Zheng

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