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**This article is about stepping out of your comfort zone.**

Is it something you do easily, or something that totally scares you? Read on to find out more about the top 3 things that can stop us from stepping up to a challenge.

And don't forget, our last article was about thinking that the things you do are never good enough, or even putting things off because you fear they won't be good enough. Click [here](#) to find out more about perfectionism, and to access all our previous articles.

## **3 Roadblocks Stopping You From Facing Your Fear**

**By Amanda Pulford**  
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**(BPsych Hons, MPsych Clin)**

Let's face it, we all come across situations that challenge us, whether it be professionally or personally. However, sometimes we can be our own worst enemies when it comes to growing and learning, especially when we feel outside our comfort zone. There's a great quote "growth and comfort don't co-exist". And it's so true. Growth is often uncomfortable, difficult and downright scary. But it can also take us to unexpected places, help us express more of ourselves, and lead to greater happiness.

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Below are the top 3 challenges to stepping outside of your comfort zone ... and of course how you can work with these challenges.

1. **Authenticity** : You feel like you're a fake or a phony, that you're being false by 'acting' outside of your comfort zone, 'acting' like someone you're not. However, any time we do something for the first time, it's going to feel kind of strange, difficult, or unusual. It doesn't mean we're not being authentic.
2. **Competency** : And it's bad enough that feeling of inauthenticity, add to this, feeling incompetent. You could be speaking up in a meeting, and fear that someone is going to judge you harshly because you don't know your 'stuff'. You could be speaking up in a relationship, and fear that someone will reject you because you think you're not good at it. Hello thoughts and feelings of being an imposter.
3. **Likeability** : We worry that people won't like this version of us, this person who steps outside of their comfort zones. We worry that by changing from what people know, they won't accept us. Sometimes we even worry that people we don't like, won't like us!

**What to do instead?** Be aware that your mind is going to tell you that you're faking it, that someone's going to catch you out, or that someone's not going to like you. And just know that it's your mind's way of trying to protect you. Your mind says *"If I can make you worried about stepping outside of your comfort zone, then maybe you won't do it, and then you won't fail, you won't make a fool of yourself. Phew! Danger averted!"*. But really, this only keeps you acting from a space of fear. And it may stop you from doing the things you really want to do. **So, acknowledge your fear and then do what's important to you anyway (despite the fear).**

If you think you might need some help with stepping outside your comfort zone, then please feel free to contact us on 0488 954 195, [amanda@awakenpsychology.com.au](mailto:amanda@awakenpsychology.com.au) or [click here](#)

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