



EMOTIONS

Dr John Demartini is a human behaviour specialist, educator, international best-selling author and founder of the Demartini Institute. Visit www.DrDemartini.com.



HOW TO LIVE COMFORTABLY OUTSIDE YOUR COMFORT ZONE

I'm a married mother of two. My husband and I both earn good salaries, but we have found that, as the months go by, it's becoming harder to make ends meet. These days, everything is more expensive – food, petrol, clothing, entertainment, you name it. As a result, it's becoming harder and harder to make our budget work and to get to the end of the month. I'm constantly worrying about how to pay the bills and maintain our standard of living. To add to this, I have sleepless nights worrying about whether either of us is going to be retrenched, which would make matters even worse. Is there any way to get through the economic crunch without this rising sense of panic? I'm getting to the end of my tether.

Worldwide, the current economic crisis is forcing some people out of their comfort zones, and, although they may not feel like it at the moment, this is actually a blessing in disguise. The very challenges that come from being outside their comfort zones make them look for solutions. And when they master a big challenge, they will feel a sense of accomplishment, raise their vitality and increase their self-worth.

It's a proven fact that the most growth occurs at the border of order and chaos, so people need to have a balance of what they perceive as a "comfort zone", so as not to burn out, and an "uncomfort zone", so they can keep taking action and grow.

So how do they manage these fears in uncertain economic times? They feel fears when they perceive more negatives than positives in themselves and the outcomes of their future. By taking the time to list what they fear, and then ask themselves how if what they feared did occur, they could reduce that fear.

For instance, if they are worried about making ends meet and losing their jobs, they could ask themselves how losing their jobs could actually benefit them. There is never a crisis without a blessing, never a drawback

without a benefit. When they look deeply and can see 25 benefits, they will feel less stressed and reactive about what may happen. The more benefits they can find, the more they will reduce their fear.

They might think this is impossible, but here are just five examples of possible benefits to get them going: If they were to lose their jobs, they would have:

- Time off to do things they really would love to do.
- An opportunity to rethink what they would love to do as a career, and go after their true dreams.
- A push to start a business or to do something completely different with their life.
- The chance to discover the love and appreciation of assisting friends and family members.
- A chance for them to meet new people and take on new challenges that mean new energy for life.

When a door closes, another door opens. Fears are assumptions that in the future there will be more drawbacks than benefits. By balancing out their perceptual ledgers, their fears can be overcome. In addition, reviewing their expenses, seeing where they may be able to shave down some and live within their means, and saving the difference can also reduce their stress level. ■