

# Becoming comfortable in your **discomfort**

**comfortable** kuhmf-tuh-buhl

being in a state of physical or mental comfort;  
contented and undisturbed; at ease

**discomfort** dis-kuhm-fert

an absence of comfort or ease;  
uneasiness, hardship, or mild pain



**RELATED  
ESSENTIAL SKILLS:**

Embrace Your Mistakes, Patience, Courage, Forgiveness, Compassion, Determination, Understanding, Perseverance

**VIDEO:**

Comfortable with Discomfort

<http://tiny.cc/discomfort>



## Try It:

**BEFORE YOU BEGIN:**

- Remember, just start. Start small, take small bites. Half the battle is showing up and starting.
- How do you eat an elephant? If you were going to actually eat an elephant, which you wouldn't. But how would you do it? One bite at a time.
- Do you feel uncomfortable, do you know why, where in your body do you feel this feeling?
- Do you notice anyone else in your group that seems uncomfortable? Talk to them and maybe you can help them.

**WHILE YOU WORK:**

- Keep going, one more step, one more bite, one more task.
- Look back at how you have made progress.
- Are you feeling more calm? Notice how you are moving through the task at hand.
- Can you give positive feedback to your team and tell them to keep up the good work?

**WHEN YOU ARE DONE:**

- Acknowledge that you finished, look back at what you did and congratulate yourself. Thank yourself for taking a risk and thank anyone who helped you along.
- Take mental notes about what else you can try that makes you uncomfortable, how can you use this experience to help the next time you are uneasy.
- What did you enjoy about the experience?
- Can you use this experience to help someone else?

## Extend It:

Read the quote below and think about how you can challenge yourself with discomfort.

*When I am uncomfortable, I try to acknowledge that I feel uneasy, take a deep breath, and remember it is okay to feel awkward, embarrassed, or shy. I then try to name the feeling I am feeling and what I am scared of. I usually feel uncomfortable when I have to do something new and I am scared to make a mistake. Once I name my fear I can move forward by making a plan and moving forward. I remember that this moment will pass.*

— Ambrette Gilkey