

## COMFORT-RISK-PANIC ZONES

Name \_\_\_\_\_

A zone is an area or region characterized by particular properties.

examples: time zone, weather zone, postal zone

We can describe our feelings in response to a situation by identifying the resulting reaction "zone".

examples: comfort zone, risk zone, panic zone

Think about your personal reaction zones.

### COMFORT ZONE

What feelings do you associate with your comfort zone?

\_\_\_\_\_

Describe one situation which you associate with your comfort zone.

\_\_\_\_\_

### RISK ZONE

What feelings do you associate with your risk zone?

\_\_\_\_\_

Describe one situation which you associate with your risk zone.

\_\_\_\_\_

### PANIC ZONE

What feelings do you associate with your panic zone?

\_\_\_\_\_

Describe one situation which you associate with your panic zone.

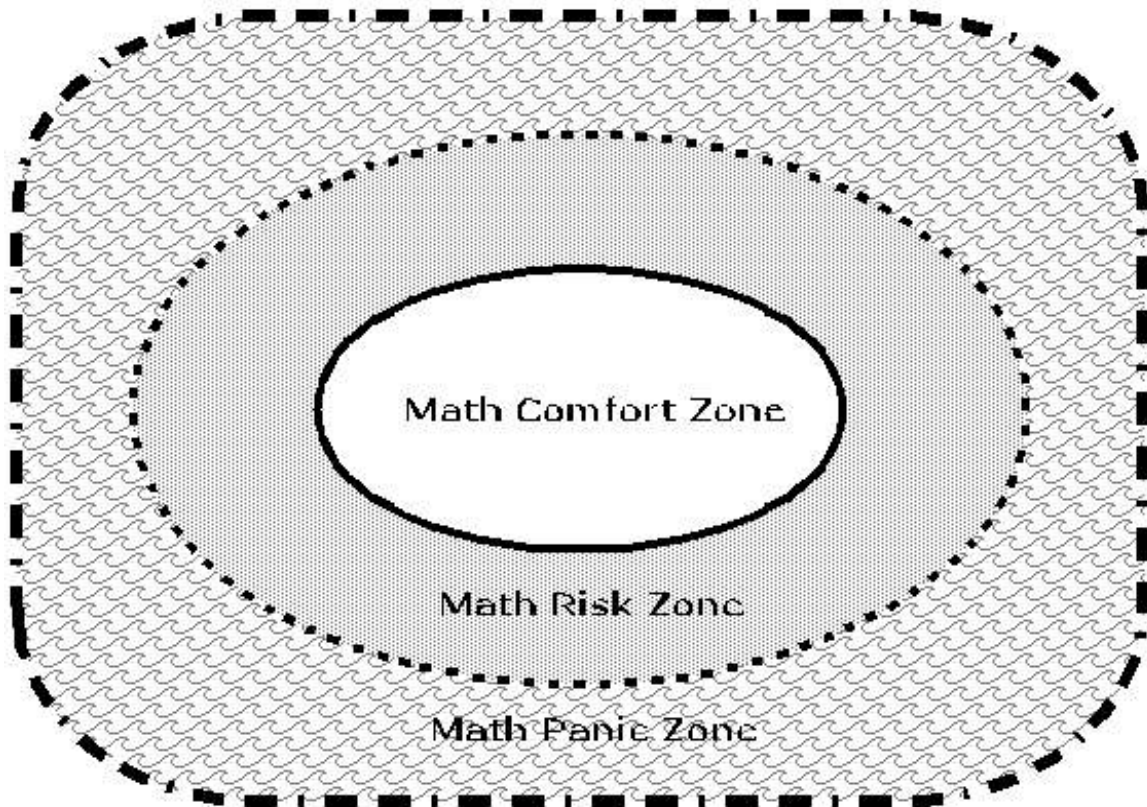
\_\_\_\_\_

Decide which zone you would associate with each item.

swimming \_\_\_\_\_ darkness \_\_\_\_\_ public speaking \_\_\_\_\_

elevators \_\_\_\_\_ competitive sports \_\_\_\_\_ dentist \_\_\_\_\_

spiders \_\_\_\_\_ writing poetry \_\_\_\_\_ dancing \_\_\_\_\_



Make a list of math situations which you associate with each math zone. Include some personal examples as well as those listed here.

math class  
math homework  
math tests

helping a math classmate  
asking a math question  
reading a math textbook

counting  
long division  
fractions

Math Comfort Zone

Math Risk Zone

Math Panic Zone

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Which item would you like most to remove from the "panic" list? \_\_\_\_\_

What can you do to make this happen? \_\_\_\_\_