

How To Get Comfortable With Being Uncomfortable

When was the last time you faced a difficult situation that made you uncomfortable? Did you want to move away from it, try something else to resolve it, or avoid it altogether? Did you think “This is hard,” “I can’t do this”, or “I don’t know what I am doing?” If you have, you are not alone. Most people will experience such feelings. The key is to push through and start replacing these statements with “I can do this,” “This is a new experience and I am curious to know more” or “I will learn what I need to get the job done.”

If you are mostly comfortable, it is likely you are not growing professionally or personally. Growth is often uncomfortable, scary, and hard. Just think of it as a muscle, the muscle will not grow when you go to the gym once or twice. It will feel painful at first and you will often want to give up. However, if you stick with the exercise long enough, you will grow the muscle and overcome the hard part. Same goes in life and in business. At first, many new things will feel uncomfortable and hard, but if it is not challenging, then it does not help you grow.

Here are some tips to get you comfortable with being uncomfortable.

- **Give yourself the benefit of the doubt.** Believe in yourself; believe that you can overcome whatever challenge is set in front of you. The key is to break through the first one or two feelings of discomfort and realize that there is great reward on the other side. The more you do it the easier it gets and the more you realize you are stronger than you think.
- **Remember your why.** Reflect on why you are doing what you are doing and why it is necessary for you to break through the uncomfortable moments. Remembering your why will give you the push to keep going and persevering.
- **Celebrate small wins.** Recognize your achievements, even the small ones. Treat yourself to something as a reward.
- **Embrace it.** Change is not pleasant. Being uncomfortable is not something we want to experience. Yet, nothing great comes from comfort zones. If you want to grow, you must embrace the fact that you will have to do things you do not like to do. If you want to achieve, you need to elevate your mindset to the level that will get you to that next mountaintop.

If it does not challenge you, it does not change you.

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