

OUTSIDE THE COMFORT ZONE

Reading Activity: Choose the best option to complete the sentences

1. Being stuck in an overcrowded lift is given as an example of:

a- An everyday situation

b- An unpleasant situation

2. According to the article getting out of the lift gives us a feeling of...

a- Accomplishment

b- Liberation

3. We get a feeling of achievement when we manage...

a- Frightening situations

b- Everyday difficulties

4. Overcoming your fear in a particular situation makes you...

a- Keener to do it again

b- Less afraid in other situations

5. The example of the prison visit is used to show how being taken out of your comfort zone can...

a- Build understanding within communities

b. Help business leaders to manage teams