The challenge is to be aware of when we are at the learning edge, and then to expand our knowledge and understanding to recognize our comfort zones, and when we are at the learning edge. When we are at the learning edge, we can use them as stimuli to expand our comfort zones, and when we are at the learning edge, we can use them as stimuli to expand our comfort zones. Learning edges require practice. Moving outside our comfort zones requires practice. Learning is not comfortable and thus we are not challenged and thus we are not getting anything inside awareness. While remaining inside awareness, we are challenging our new awareness, knowledge, and comfort so we can open ourselves to different topics and experiences. The different topics and experiences, the new awareness, knowledge, and comfort so we can open ourselves to different topics and experiences.

Learning necessarily involves not merely risk, but the pain of giving up a former condition in favor of a new way.
best possible without permitting the rubber band to snap (i.e., enter the danger zone),
can be understood as conflict, which is the product of a trigger event in dialogue. It is our goal to increase your rubber band's elasticity as
rubber band breaks to stretch the elasticity represents the expansion of your learning edge. The pressure required to stretch the rubber band
approaches a consistent and dialogic manner. Consider a rubber band: the resting state of the rubber band is your comfort zone; when the
when an individual is aware of potential triggers, and cognizant of how to recognize and process triggering events, then conflict can be

- Reaching extra effort to manage the situation effectively
- Feeling „de-skilled” and reacting less effectively
- Feeling out of control and overwhelmed by the situation
- Feeling out of control and overwhelmed by the situation
- Disconnecting: the person is disconnected and distracted from the flow
- Feeling intense of feelings, the person experiences their emotions
- Unexperienced: the person is surprised by the arousal of their
- Overwhelming and disproportionate to the original stimulus
- The situation characteristics:
- They experience an emotional reaction that may have some or all of them

Stimulus / Triggering Event
Cycle of a Triggering Event

Person responds to the incident
Person chooses their information of how to respond
- Person experiences physiological and emotional reactions
- Person describes „what’s happening in the moment” of making meaning of the event.
- Person’s responses to „what’s in the moment” of making meaning of the event.

Triggerers

- Any stimuli, either external or internal to the personation, which

Conflict & Triggerers: Their Role in Expanding Comfort Zones in Dialogue