**A Comfort Zone Experience Reflection**

You will do something that is totally beyond your comfort zone and then write and tell me all about it! I don’t want you to do anything illegal or that might get you into trouble. Do something that is out of the ordinary for you. This could be calling a long-lost friend, asking someone out on a date, spending a weekend-evening with your parents instead of going out with friends, etc. It could be as simple as letting someone know how much you love them. Whatever you decide to do, it must be something that exposes you to certain risk (but not physical danger), makes you a little uncomfortable, and ultimately, makes you feel better once you’ve done it.

Your reflection must be typed and handed to me as a hard-copy telling me everything about the experience:

1) what the experience was,

2) how you chose it,

3) how you felt leading-up to it,

4) how you felt following the experience, and

5) the important lessons you learned.

Please adhere strictly to those five requirements and you will succeed on this assignment. This assignment must be typed and turned in as a hard-copy by the end of the semester.