

Handout 4

Growth zone statements

"My brain can't cope with this"	Increased heart rate	"I'm so stupid"	Likely to make mistakes	Comfortable	Safe
Feelings of sickness	"I feel so stressed"	"I feel supported"	"I'm learning something new"	Bored	Relaxed
"I need to get away from this situation ASAP"	"I'm never going to be able to understand this"	"I feel a bit unsure but I can handle this"	Not learning anything new	"This is so easy"	"I'm pushing myself"
Mind blanks	Sweaty hands	"This is challenging"	Increased heart rate	Confident	