

Contribution theory

(of competence and interpersonal effectiveness)

Stretching the comfort zone to new enlarged competence level(s).
Thereby achieving higher level personal (inter) personal contribution (sustainable level of growth/acceptance and feeling of objective competence)

Danger zone

Learning/growth /stretch zone , limited controle

The third (growth) level stretch zone (State III)

The secondary (growth) level stretch zone (State II)

The primary/base level comfort zone (State I)