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Rob: (ON PHONE) OK Helen, sounds interesting...I'll be right over. Bye! Helen has something interesting to show me, so I'm off to see it now.

(KNOCK ON DOOR)

Rob: Err, hi Helen.

Helen: Hello. 欢迎来到我的舒适地带。

Rob: Your what?

Helen: My comfort zone. I've made a very comfortable area for relaxing in. 我把这间房间装饰得舒舒服服, 可以让我好好放松一下。 Don't you think it's relaxing Rob?

Rob: Well yes. Nice cushions, a very cosy sofa and soft lighting – but Helen, why did you want to show me this relaxing and comfortable room – are you up to something?

Helen: No! You said we were doing a programme about comfort zones – so I decided to make one.

Rob: I see. Well we could describe this room as our comfort zone but usually the term refers to how someone feels.

Helen: Oh! 原来舒适地带并不仅仅是一个物质环境, 它也可以指某个人的感受。

Rob: If someone is in their comfort zone, they feel secure and comfortable, they might even feel in control. Maybe these examples will help to explain more...

Examples

John isn't going for the promotion - he wants to stay in his comfort zone and doesn't want the extra stress.

Jane stays in her comfort zone when booking her holiday and will never travel overseas.

Rob: So those examples describe people who are happy doing something they've always done. They feel safe and secure. It's about a state of mind.

Helen: 心理状态。 It sounds like a nice place to be.

Rob: It is – but it can also imply you won't take risks and move out of your comfort zone...

Helen: ...into your un-comfort zone you mean?! 到你感觉不舒服的地带?

Rob: Exactly. Listen to these examples...

Examples

Sally is dressing outside her usual comfort zone; have you seen the dress she's wearing Tonight?!

Bob's working outside his comfort zone by agreeing to run the accounts department.

Rob: A comfort zone can also describe the ideal temperature of a room. It's just the right conditions to feel comfortable in – not too hot, not too cold.

Helen: 舒适地带也可以形容房间最佳温度。 Rob, I think we're in just the right comfort zone now.

Rob: We are but come on, let's step outside and get some fresh air.

Helen: Sorry Rob, I'm staying in my comfort zone. Mmm, it's so cosy and I feel so secure here and anyway, it might be raining out there.

Rob: You don't take any chances Helen! Oh well, see you later. Bye.

Helen: Bye! Oh this sofa is so comfortable,mmm...