

Betty: I just read an article about leaving your comfort zone. Ross, do you like to take risks and try new things? Or do you prefer to do the same things all the time?

Ross: I like to do new things. If I didn't try new things, I'd never discover anything new. Last year I went to an electronic music festival by myself. It was strange at first, but I met some great people and discovered some excellent new music.

Betty: But have you noticed any personal benefits of taking risks?

Ross: Sure, I definitely feel more confident. For example, I used to be very shy about talking to girls. So, I set myself a goal of trying to talk to one girl every day. After a few weeks, I felt much more relaxed. I met my girlfriend this way, and we're probably going to get married. She was waiting at a bus stop, and I started talking to her. Later, she told me that one of the things she liked about me was my confidence!

Betty: That's so cool. What about you, Haley?

Haley: I couldn't do that. I'm not a confident person. How could I build my confidence, Ross?

Ross: Well, some people say you should do one thing every day that makes you feel afraid. But if you do that, you may feel stressed doing things that aren't actually useful. If I were you, I'd start with little changes – for example, you could walk home a different way or go to a store that you've never been to.

Betty: Haley, is there anything that you'd like to try but are afraid of?

Haley: I'd like to set up my own company, but if I left my job and things didn't work out, I'd feel terrible, like I'd never be successful at anything, you know?

Ross: But if you don't try, you'll never know.

Haley: Good point.