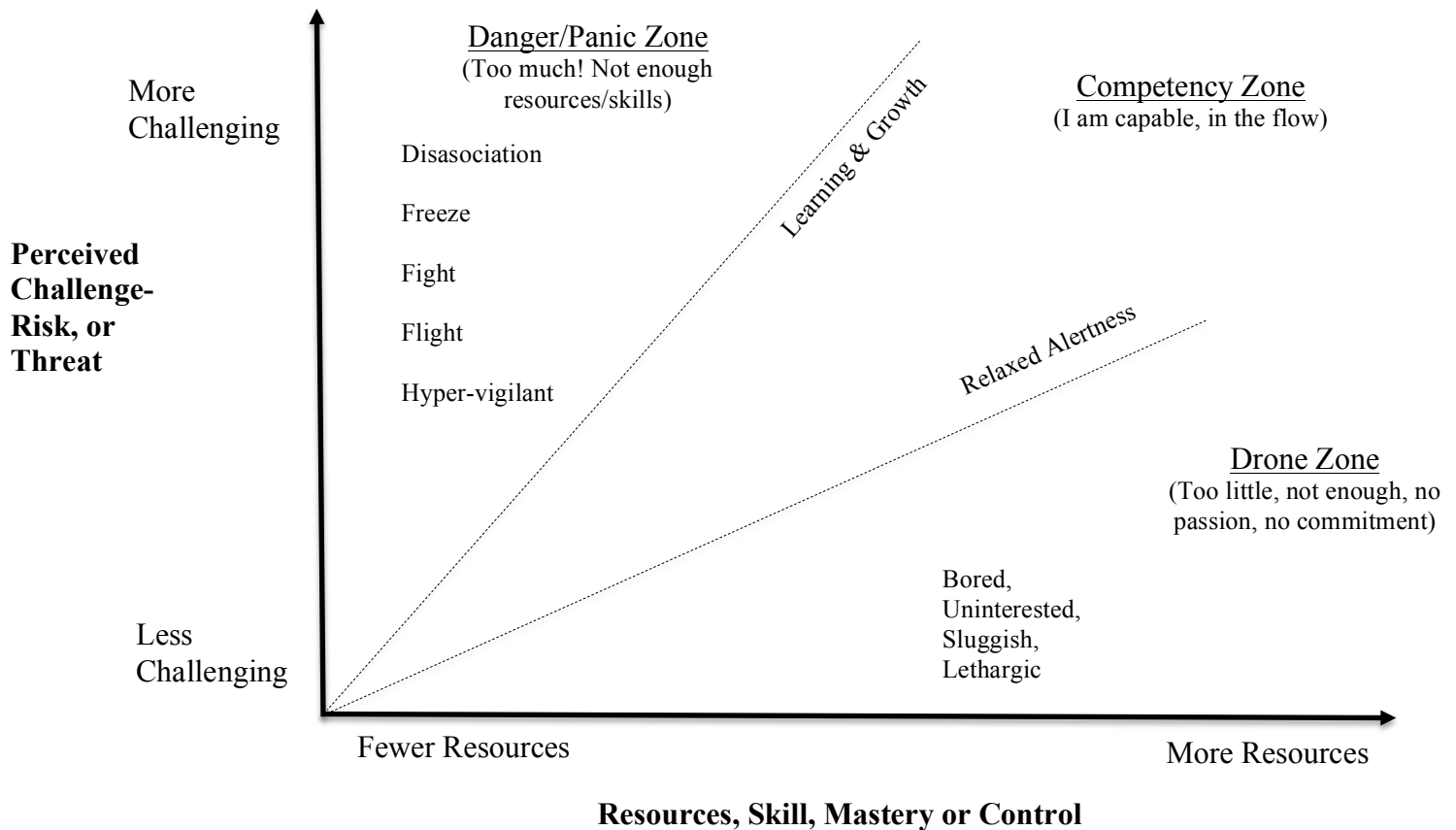


## \*The “I am capable” Zone: A Competency Model

This graph depicts the zone where we feel/experience that we have the ability (the competency) to do something when faced with a challenge, risk or threat. The horizontal (bottom) line shows level of resources, skills, mastery or control that we have. The vertical (left side) line shows the level of perceived challenge, risk or threat. The intersection between the level of challenge and number or skill of resources shows whether the perceived task, memory or event is experienced as “too much” for me to handle, or “I am capable”, or “too little or not enough” of a challenge to keep me engaged. We experience “Learning & Growth” (diagonal top dashed line) when we engage a certain level of healthy stress.



To increase your competency zone (making the competency zone wider):

- Increase self-regulation ability (i.e. meditation, body-awareness practices)
- Develop new resources and/or increase mastery over existing ones.
- Establish habits to strengthen resources that decrease “perception” of threat/challenge.
- Develop resiliency.

\* Adapted from work by: Robert and Marilyn Kriegel called it the “C Zone.” Psychologist and noted author Mihaly Csikszentmihalyi calls it Flow. Abraham Maslow called it the Peak Experience. Pat Ogden, Peter Levine.

