

# English Idiom

## Out Of Your Comfort Zone

**Out Of Your Comfort Zone** - to do something that you do not feel comfortable doing

- Camping is way **out of my comfort zone**.
- I really like to do things that are **out of my comfort zone**, because it makes me so much stronger.
- My boss wants me to teach a course. I told my boss that this is really **out of my comfort zone**, but I will think about it.
- My brother wants me to take care of his animals for a few days. He knows this is really **out of my comfort zone**. I am learning to ski, but it is really **out of my comfort zone**.
- My friends want to miss school, but this is **out of my comfort zone**, so I told them no.

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