Black Cockatoo
MEN'S COUNSELLING

BEING COMFORTABLE WITH DISCOMFORT

Building the courage to stay with life's awkward, uncertain and challenging moments

YOU DON'T HAVE TO FEEL COMFORTABLE TO KEEP MOVING FORWARD

Discomfort is part of being human. You can learn to meet it rather than automatically avoid it.

Feeling nervous, unsure or out of your depth doesn't automatically mean something is wrong.

Confidence often grows after we take part, not before.

NOTICE THE DISCOMFORT

Name what's happening without judging yourself. Are you feeling nervous, embarrassed, uncertain or afraid of getting it wrong? Notice what is happening in your body and what your mind is

PAUSE — DON'T PANIC

Take a few slower breaths and give yourself a moment. You don't need to fix the feeling immediately. Remind yourself: “This is uncomfortable, but I can make room for it.”

TAKE ONE SMALL STEP

Break the situation into manageable actions. Start a conversation, ask a question, share an opinion or make the phone call. You don't have to do everything at once.

STAY WITH IT, WITH PATIENCE

Resist the urge to escape at the first sign of awkwardness. Give yourself time to become more familiar with the situation. Aim for progress, not a perfect performance.

FOCUS ON WHAT MATTERS

Ask what you want to stand for in this moment: connection, honesty, courage, learning or respect. Let that value guide your next move, even while nerves are still there.

LOOK BACK AND BUILD

Afterwards, notice what you managed, what helped and what you might try next time. Repeated, manageable experiences can build familiarity, confidence and resilience.

COURAGE IS NOT THE ABSENCE OF DISCOMFORT

You can feel unsure and still act with courage. Be patient with yourself: familiarity often grows through repeated experience, and you may find that situations which once felt daunting become easier to handle.

MAKE IT REAL THIS WEEK

Choose one situation you've been avoiding because it feels uncomfortable. Decide on one small, safe step and give it a go. Afterwards, write down what you learned — not just whether it went perfectly.

A THOUGHT TO TAKE WITH YOU

“You don't have to see the whole staircase, just take the first step.”

Often attributed to Martin Luther King Jr.; attribution is disputed.

A LIGHTER THOUGHT

You don't need to become best mates with discomfort. Just stop letting it choose every move.

A little reminder: one small step is still a step.

IMPORTANT: Being comfortable with discomfort does not mean putting up with unsafe, abusive or harmful situations. Discomfort can be a useful signal that a boundary has been crossed.