

Comfort Zone					Neutral Zone	Panic Zone			
1	2	3	4	5	6	7	8	9	10

1. Speaking in front of people - **9**
2. Teaching other nurses - **5**
3. Teaching patients or family members - **5**
4. Performing in a nursing leadership role such as a committee chairperson - **8**
5. Performing in a nursing leadership role such as a unit manager- **7**
6. Leading a group of nurses to make an important change in your workplace -**2**
7. Providing nursing care to adults and seniors - **1**
8. Providing nursing care to babies and children - **9**
9. Performing new clinical skills (such as NG tube management, Trach care and suctioning, administering Blood products or TPN) - **3**
10. Working closely and collaboratively with other interprofessional disciplines: physicians, pharmacists, dieticians, occupational therapists, physiotherapists, social workers etc. - **1**
11. Participating in Code Blues or other emergency situations - **4**
12. Practicing conflict resolution skills - **3**
13. Practicing community health nursing in a developing country - **6**
14. Writing scholarly papers - **8**
15. Sitting on an ethics committee - **6**

My rationale for #1, speaking in front of people is rated as a 9. I have always struggled as a public speaker, for as long as I can remember. I think this stems from the insecurities I have felt and continue to feel about myself. I am insecure about my appearance and how I am perceived by the crowd. I never enjoyed all the eyes and attention on me.

My rationale for #8, providing nursing care for babies and children is rated as a 9. I currently believe I do not have the knowledge, skills or judgment to care for a child safely and effectively. I have not reviewed any education since RPN school over 4 years ago. I would be too afraid to harm the patient.

My rationale for #11, participating in code blues, or other emergency situations is rated as a 4. I have been a nurse for just over 4 years. As time has gone on, I have developed more critical thinking skills and improved my knowledge surrounding emergency situations. I have gained confidence in myself as a nurse to actively participate in these situations when I am needed.