



Identifying and Creating Toffler Zones for Inner Stability

Successful people always strive to muster the forces of instinct and channel them towards conscious outcomes rather than letting instinct rule them. The psychological defense mechanisms within each human being form an integral part of such instinctive forces that can be controlled and used with more powerful outcomes than can be done by ordinary efforts. The creation of Toffler's stability zones is a time-tested and productive technique used by many successful people to combat stress and achieve success in workplaces.

In a nutshell, Toffler's stability zones are psychological zones where a person feels safe, relaxed, and secure. People ordinarily create such zones without conscious thought. Somebody might feel relief in a particular balcony, or beside a particular window, or during a shower inside the bathroom.

While the stimuli can vary widely from person to person, there is no gainsaying that quite subconsciously, humans create associations between stress/calm with activities and both tangible and intangible objects. If you find that you can't let go of an old shirt, that's more because you have included it in a subconsciously created comfort zone, than because you prize it as a memento. So, ranging from lucky shirts, to activities seen as outright superstitions, we create emotional stability by associating emotions with objects and activities. But we keep doing that without consciously controlling the process.

Toffler's stability zones are used strategically to build artificial and conscious associations of objects and activities with the feeling of relief and relaxation. Training the mind to accept certain activities and objects as signaling relaxation and then establishing mental safe lounges with help from our instincts is the objective behind creating and using Toffler's zones for gaining stability.

Toffler's zones can also be linked to such intangible objects as dreams, thoughts, ideas, songs or pieces of memory. Subconscious and instinctive creation of comfort zones makes us feel relaxed when hearing an old song, or reviewing our ambitions or just finding an old comic book from the family attic.

When consciously creating Toffler's zones for yourself in the workplace, you should:

- Strive to identify objects, people, or work that you view positively
- Consciously cue yourself to believe that the presence of such objects, people, or work makes you feel relaxed
- Convince yourself over and over again



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- Put yourself in the presence of comforting objects, people, or work when you feel stressed, to regain emotional stability

Remember, the choice of the object or thing around which to build a particular Toffler zone is entirely up to you. Just closing your eyes and thinking of a particular memory can be sufficient to induce a Toffler zone. What is important is either to recognize Toffler zones already accepted by your mind and use them to relieve stress, or to consciously build such comfort zones in your workplace.