# The Pros and Cons of Discomfort

Discomfort seems to have no positive tone, but it can positively affect us. While it may not feel like it, a minor discomfort goes a long way in our personal development.

**Nobody likes to feel uncomfortable, but it is a big part of improving yourself and other aspects of your life.** It could be in your personal life, career, or relationships.

Being uncomfortable is something you can embrace. It builds your confidence and resilience.

### Good Habits Need Discomfort

Even good habits will make you experience some discomfort. Good habits are uncomfortable. The more comfortable we are with doing something, the less effort we put into improving it, and the more likely we are to slack off or give up altogether.

But changing bad habits can be challenging and will take considerable effort. That is why it is so important to recognize and appreciate the discomfort in uncomfortable situations. When we push ourselves out of our comfort zones, we will make the most significant improvements in our lives.

By embracing discomfort and pushing ourselves out of our comfort zones, we can achieve the personal growth and happiness that we seek.

### Here are three familiar habits that need a measure of discomfort:

1. **Getting in shape.** If you’ve tried to get in shape or start exercising, you would agree that it is difficult. **You would have to put in extra work to wake up early or forgo sleep after a long day.**
* You will have days of sore muscles and body pains after days and months of hard work. However, you will see the result of your hard work.
1. **Starting a business.** Starting a business is like taking care of a new baby. You need to nurture it and provide everything it needs.
* It will be a challenging situation since you may be new to this. But **with time, you will learn from all your mistakes and master your craft.**
1. **Learning a new language.** Learning a new language is no doubt a daunting situation. You leave the comfort of speaking the language you’ve known your whole life to discover one you don’t know.
* It is a challenge that has many uncomfortable experiences. You will say or pronounce the wrong words, and you could even offend someone by mistake. With time, though, you can be fluent.

Now let’s see the positive impact of experiencing discomfort.

### Pros Of Discomfort

1. **Discomfort brings opportunity.** Certain opportunities in life occur when we decide to go against the norm.
* **People who achieve a high level of success attest to doing things that most people would not.** They attempted to try something everyone wouldn’t dare to do. And that is where they made their breakthrough.
1. **Discomfort comes with growth.** Every kind of growth needs a measure of discomfort. You cannot grow without experiencing something out of your comfort zone. **If you want to achieve anything in life, grow outside your safe bubble.**
* To achieve healthy relationships, diet, and sound finances, you must grow in knowledge, skills, and habits.
1. **Discomfort builds confidence.** When you keep practicing something you have little knowledge of, you will make mistakes and learn from them. In time, you will become confident.
* **Nobody grows by staying in the same place, and you get better at something by trying different things and learning from them.**

### Let’s discuss two adverse effects of discomfort:

1. **Discomfort can affect your emotions.** Dealing with discomfort can affect your emotions negatively. You realize an increase in irritability, mood fluctuations, and the need to be alone.
2. **Discomfort can cause you to take unnecessary risks.** When unchecked or kept in a balance, it could lead to health implications. For instance, say I want to reach specific goals I have set for myself. I overwork while putting my health at risk. See how one can get out of balance with an unnecessary risk?

If you embrace discomfort with a balanced view, you can experience the opportunities that come with discomfort. Learning how to overcome this feeling will free you for greater success.