

COMFORT ZONE



Before getting into this matter, I'd like to quickly define what comfort means. The definition of comfort by the English dictionary is "a state of physical ease and freedom from pain or constraint". So, by these means, we can conclude that comfort is a good thing for us and so we should pursue this state of mind. In this essay, I'm going to talk about the bad things in comfort, and how it is affecting us as individuals and society as a whole.

Comfort makes us feel at ease, for example, whenever we feel bad for something that happened to us recently; words of comfort feel great and help us raise our spirits. However, comfort is a false sensation of peace, since we feel less overwhelmed by those awful things that occurred to us even if they remain there, just as before. So, is comfort a way of lying to ourselves? Is it a way of avoiding real-life problems? Well, comfort is certainly not a completely bad thing, since we can manage things more easily with a clearer perspective. The problem with comfort is that sometimes we take refuge in it tending to ignore big issues. I'd like to focus on three different aspects of negative comfort: "Materialistic comfort", "Emotional comfort" and "Social comfort".

We live in a first-world society and we are used to buying and storing more things that we really need, which turns us into a materialistic society. What does this mean? With every new generation, young people are developing more and more this fake feeling, according to which acquiring new things makes us happier. The more things we have,



the more comfortable we get, so, the more things we have, the more we feel this false -happiness emotion. It is getting to a point that some people try to feel less sad or less upset by buying new clothes, or the latest mobile phone, whether they need it or not. When we go to a fast-food restaurant, we get the biggest hamburger; if we go shopping with our kids, they want all the toys and video games in the store, and often after using them once they throw them away. The saying “Money doesn’t buy happiness” is not trying to just say that money isn’t everything; it is trying to say that no matter how many things you have, you may feel happy, but it’s fake, it’s comfort.



Then we have the “Emotional Comfort”. This is a universal topic since we all have our emotional issues, and we try to cope with them daily. There is a comfort in emotion too. When we go through tough times in our lives, the easy thing is to feel sad, believe it or not, sadness can be a comfort. This is contradictory since we defined it as a fake feeling of happiness. So, how can sadness be a comfort? When we talk about “Emotional Comfort”, rules may change a little. When we are living a great time, the easy thing is to feel happiness; when we do something embarrassing, the easy thing is to feel ashamed. How can these natural responses be negative? When we are sad, our goal is to be happy, but this comfort in sadness makes us ignore and avoid the good things that happen to us. This may seem senseless, but why do we ignore the good things if we are trying to be happy? It might not make sense, but we do it because when we are in a sad state of mind, feeling happiness takes some effort. That’s what it is called comfort-zone: if we are sad we get used to it, we feel comfortable being sad.

The last one is “Social Comfort”. In the last decades, society is getting more and more conformist. We are starting to feel that everything is all right because we have emotional comfort and materialistic comfort. Nowadays, we enjoy the most advanced society that this planet ever had, but there is plenty of room for improvement and prosperity. When



we, as society, don’t demand change or justice witnessing certain situations, leaders and politicians can manipulate and control us easily. We often play by the rule “if it doesn’t directly affect me, it doesn’t exist”, which is deeply harmful to some minority groups as we’ve seen recently in the USA and some other countries. When a politician steals public money, he or she may be

sanctioned or taken to jail, but very often, after a while, they get back into place and they keep doing what they did before. When someone is being bullied or a minority group getting oppressed we don't urge change or demand justice, or if we do, we soon get tired of trying and let it be or simply forget.

We, as individuals and as society, should have more self-criticism. Are we getting too comfortable concerning big social issues around us, either personally and socially? If we all took a second to re-evaluate ourselves and our environment, we would see many things that need to be changed and very often we are too lazy or too comfortable to make an effort in order to reverse the situation. We need to be less conformist, and that doesn't mean complaining about everything all the time, just having the willingness to change oneself and the surrounding ones, so we can prosper and be a better humanity.

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