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# Zones of Stability

Tool description

# ZONES OF STABILITY



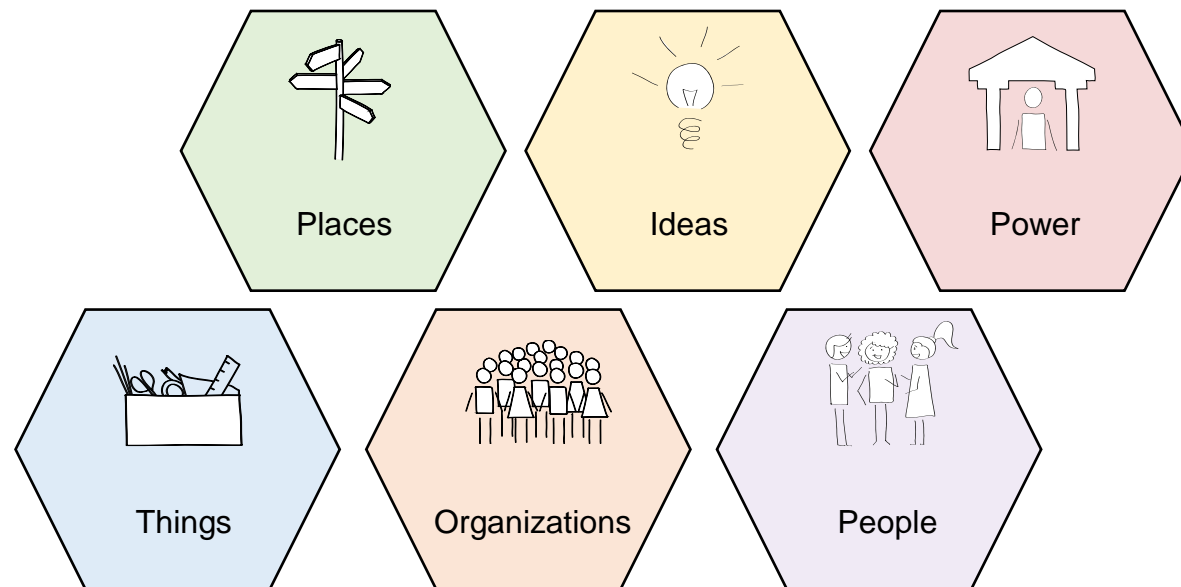
The self-reflection tool "Zones of Stability" guides you through several questions that clarify your own resources for personal stability and identity.

It is especially helpful in situations of great uncertainty or overwhelm.

Zones of stability are closely related to one's identity and strongly influence one's actions.

By using this tool, you strengthen your awareness of your own identity characteristics and discover that only you have the responsibility to develop and protect your identity and that it needs resources - zones of stability.

Zones of stability can be:



# ZONES OF STABILITY



## Ideas

These are lifelong values to which one is oriented. Deep religious faith, philosophy, a scientific view of the world, moral concepts, political ideologies, traditions, service to a "just cause," or devotion to music and art. But also a strong professional interest with the theories behind it belong here.



## Power

This is the chance to influence others and their actions, to make them compliant. It does not matter where the power comes from: physical strength, superior instruments, a hierarchical position, access to information, knowledge, monopolized key positions or power built up through advertising and rumor. For the vast majority of people, power is desirable because almost no one wants to be completely without influence. It does not have to be power over entire nations or thousands of workers; a little influence in the office, in the family, in the club or in the restaurant is enough.



## People

This refers to precious, lasting, personal relationships rather than love for all humankind. Such relationships are usually in the family you come from or the one you have. But they can also be old friends, loyal comrades, good colleagues, or other people you trust.



## Places

This refers to geographical places. On a large scale, this is an entire country; on a small scale, it is the street where one grew up, or a house or a bench under a tree. Places, as zones of stability, are often experienced as a sense of home. People who have places as their zones of stability sometimes feel strange when they are in places that look different. They are then glad to be able to "go home" at least in their thoughts. Some are forced to live somewhere else every few years. These people are either cosmopolitan, i.e. without a home base, or they feel rooted somewhere and hope to be able to return there.



## Things

These are familiar items which a person feels connected to and which cannot easily be exchanged for similar items. It can be an old piece of clothing, a tobacco pipe, an heirloom, a house (connected to a person) on the desk. Some people take such things with them on trips or carry them all the time like an amulet.



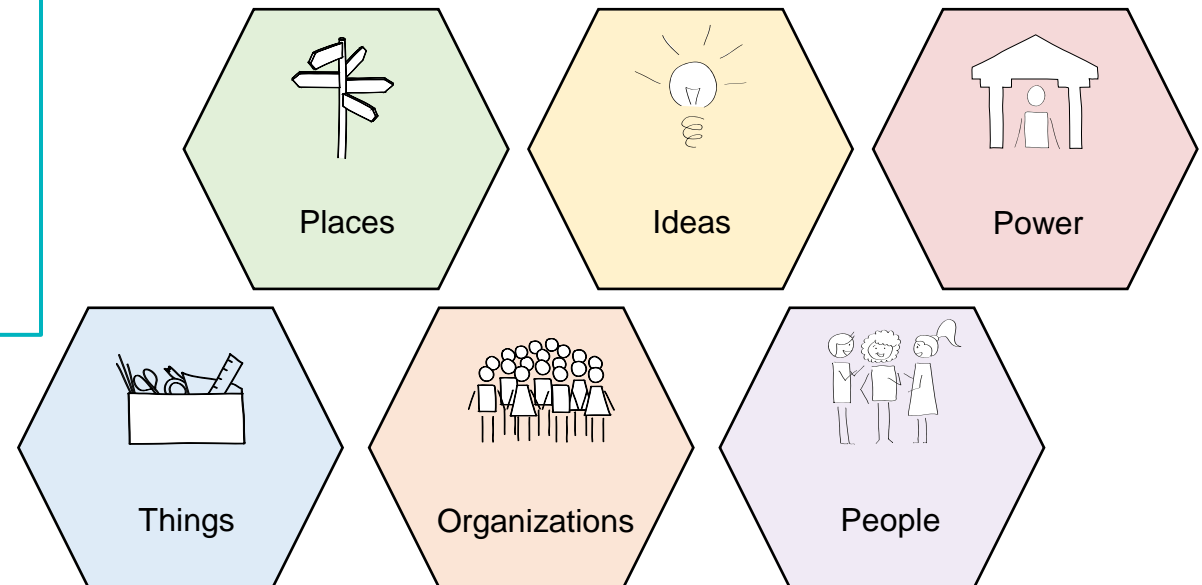
## Organizations

Church communities, companies, professional groups, trade unions, scientific institutes, associations, clubs, sports federations, political groups, fraternal organizations, etc. belong here. These are forms of human associations that people want to belong to because they identify with their values and goals and because, as a member, one feels recognition and security.

# ZONES OF STABILITY - REFLECTION



- What zones of stability do you have?
- How stable are your zones of stability?
- Can you count on your zones of stability tomorrow?
- Do you have any influence on your zones of stability?
- What are you investing in your zones of stability?
- How do your zones of stability reconcile with work and family?



# ZONES OF STABILITY



<p><b>What zones of stability do you have?</b></p> <p>Write down your thoughts and reflections, considering each of the categories above: Ideas, Power, People, Places, Things and Organizations. In addition, you can also name something else that is a zone of stability for you, something which you do not like to be without, such as meditation, a chess game, travel, etc.</p>	<p><b>How stable are your zones of stability?</b></p> <p>How solid durable are your fundamental ideas? Can you hold on to the influence you have now? Can you be sure that the people you rely on today will be reliable and there for you when you need them in the future? Can you return to the places you value so much and will they still be the same places? Will the things you value now be able to satisfy you in the future? Can you count on the organization you belong to today still wanting you to belong to it in the future?</p>	<p><b>Can you count on your zones of stability tomorrow?</b></p> <p>Everything flows, things break, houses become too big or too small, partners turn away or die, children grow up, organizations and places change, influence wanes, and sports become more difficult as you get older.</p>
<p><b>Do you have any influence on your zones of stability?</b></p> <p>What can you contribute to your zones of stability? Can you bring change to them?</p>	<p><b>What are you investing in your zones of stability?</b></p> <p>Do you contribute to the further development of ideas that are important to you? How do you secure your influence? How much do you care about the people you trust? Are you nurturing the things you love? What do you contribute to the development of the organization to which you belong?</p>	<p><b>How do your zones of stability reconcile with work and family?</b></p> <p>Write down which zones of stability you want to hold on to and what you will do to secure their existence. After some time, review what you wrote here and what has become of your resolutions.</p>