

Don't squeeze me! I'm not a lemon...

Workshop 5

REMINDER!

No matter what decisions you make in your life, there will always be people who disagree with your choices.

It is better to accept that you can't please everyone, just like not everyone can please you. Strongest relationships don't usually break down over a simple disagreement or difference of opinions.

Social pressure comes from outside sources (parents, school, friends, society). Without realizing it, we internalize these pressures and impose them on ourselves.

When you are feeling pressured, you can always take a timeout to try to get your bearings.

REMINDER!

Before taking action, you must first observe what is going on inside you.



Your turn!

Use those strategies for standing up to the social pressures

- Respect your needs, rights, thoughts and feelings
- Relax
- Be open and in touch with your feelings and those of others
- Challenge preconceived ideas, don't buy everything
- Assert yourself, communicate clearly and honestly
- Clarify your personal expectations and those of others



- Figure out whether there's common ground between your ideas and the other person's ideas
- Make a suggestion, find a compromise
- Face your fear of upsetting people, standing by your decisions, and trusting yourself
- Use humour
- Ask questions
- When in doubt, say that you'll take some time to think about it

HORS-PISTE CHALLENGE

This week, identify a situation where you experience some form of social pressure. Notice how this situation makes you feel. Then, choose one or two strategies for standing up to the pressure!

