

# Guilt

## Activity Sheet

### Definition:

Deliberately trying to make someone feel guilty or bad for not taking part in an activity or doing what others want.

### Negative peer pressure scenario:

Jessica's friends don't set personal limits and expect her to look after them while they're out of it because she's their friend.

### Sample GUILT negative peer pressure statements

1. "We won't have any fun unless we're out of it"
2. "Can I stay at your place tonight? My parents will freak if I come home wasted"
3. "Go on. Don't make me do it on my own"

### Your COMEBACK responses:

- ◆
- ◆
- ◆

### Jess' STOP Model

She always ends up having to babysit drunk friends.

**S:** "You keep getting trashed and expecting me to look after you"

**T:** "I spend the whole time freaking out about you"

**O:** "Why don't you slow down and take it easy tonight?"

**P:** "We could both have a good time and you'll actually remember it the next day" OR "All sorts of really heavy stuff could happen to you if you keep getting so wrecked"

### Your STOP Model

**S:**

**T:**

**O:**

**P:**



Jess

