



Unspoken or internal pressure

Activity Sheet

Definition:

This is the pressure you either feel inside or from others to do something, even when nobody says anything.

Anna

Example scenario:

Anna often goes to parties where alcohol is available and people expect her to drink, even when she says no.

Sample UNSPOKEN NEGATIVE PRESSURE situations:

1. You often feel like your choices make you stand out in the group.
2. You set and stick to personal limits but feel worried that others don't understand or agree with them.
3. You never have any problems enjoying yourself without drinking but feel that other people don't understand this.

Your UNSPOKEN NEGATIVE PRESSURE situations:

- ◆
- ◆
- ◆



Anna's STOP Model

People often hassle her to drink when she doesn't want to .

S: "People always say I won't have any fun unless I'm drinking"

T: "I don't like the way alcohol makes me feel"

O: "I'll have a soft drink or some water, thanks"

P: "I'll be able to party all night if I'm sober" OR "If I drink alcohol I'll end up feeling sick and won't enjoy myself"

Your STOP Model

S:

T:

O:

P: