

# 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.

### Example scenario:

Eddie's mates drink too much and start fights. He doesn't want to be the only person who complains.

### Sample UNSPOKEN NEGATIVE PRESSURE situations:

1. You want to do something different to the rest of the group but you find it really hard to speak up.
2. You don't feel like you can set personal limits when nobody else does.
3. You don't enjoy what the group is doing but feel like you're the only one having a bad time.

### Your UNSPOKEN NEGATIVE PRESSURE situations:

- ◆
- ◆
- ◆

### Eddie's STOP Model

He feels like the only person in the group worried about constant fights and excessive drinking.

**S:** "I hate the way we always end up getting into fights"

**T:** "I get so worried about something starting that I can't relax"

**O:** "We need to stop getting so wasted"

**P:** "It'd be so much better if all the aggro stopped" OR "Nobody will want to hang out with us if all the aggro doesn't stop"

### Your STOP Model

**S:**

**T:**

**O:**

**P:**



Eddie

