

Free Discussion

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Peer pressure



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about yourself and your place in the world. There are certain "risk factors" for peer pressure, personality traits that make you more prone to give in to peer pressure.

The traits that put you at higher risk for falling in to the peer pressure trap include;

- Low self esteem
- Lack of confidence
- Uncertainty about ones place within a given peer group
- No personal interests exclusive of one's peer group
- Feeling isolated from peers and/or family
- Lack of direction in life
- Depression
- Eating disorders

- Poor academic abilities or performance
- Fear of one's peers
- Lack of strong ties to friends, feeling that friends could turn on you easily or with little reason
- Close bond with a bully

How do you prepare yourself to face peer pressure and win?

The answer is simple.

- Prepare yourself ahead of time for uncomfortable situations, mentally script out the reaction you WANT to have in a given situation (the reaction that goes AGAINST peer pressure) and play that script out in your head over and over again.
- Know where you stand on key issues like sex, drugs and alcohol and do not allow yourself to be swayed from your position.

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asserting your own opinions and feelings.

- Refuse to let yourself down! Often when we give in to peer pressure it hurts already fragile self esteem creating a vicious circle. If you think of giving in to peer pressure as letting yourself down it becomes easier to combat and your confidence will earn you respect.