

# DEALING WITH PEER PRESSURE

Do you know what peer pressure is? I'm guessing you probably do. I'm a big believer that when you understand something, you are better able to make a good decision.

In essence, peer pressure is the pressure you get from those around you to do something that you wouldn't ordinarily do. It is associated with negative behavior. For example, most people who start smoking will point to peer pressure as the cause. They didn't want to be the odd one out or be the uncool kid in the group. So they went along with everyone else despite the negatives of health, disappointment of parents, cost, and general unpleasantness, starting with coughing up their guts. Caving to peer pressure is generally seen as a way to not being the odd one out, to appear more grown up, more in control, avoid awkwardness, and impress friends.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

- \* List what you want to do with your life, such as have a family, go to college, learn a skill, whatever they are. These are your targets.
- \* Now, list the things you want to avoid. These are your convictions.
- \* Then commit to yourself that anything that negatively influences you in these is not good. A temporary pressure from so-called friends is nothing compared to the goals you want to achieve. Stand by your convictions. Those are strength. But pressures from your peers are bred out of weakness and diminished character, and won't mean a thing in five years' time. And caving to that pressure could easily destroy your goals.

So how do you fight peer pressure? Let me share a few thoughts.

1. Know who you are and what your goals are. What do you want to be? Now, understand this simple fact, once you get through the next few years, peer pressure for the most part goes away and we all realize how ridiculous it was. So yielding to peer pressure in the greater scheme of things is largely unimportant.

2. People really don't respect a person who rolls over and does what others want them to do. They may not let on immediately, but they respect the person with convictions. Others who want you to crumple to peer pressure are weak people who caved to someone else's peer pressure. When you are your own person, doing what you are convinced is the right thing, you actually have a profound effect on others and you are more often than not elevated in their estimation. Although they may not immediately admit it to your face.

3. No one is a true friend who will put emotional pressure on you to do something that you really don't want to do.



So, while no one will wave a magic wand and take away peer pressure, ultimately it is your choice what you will do when the pressure comes. When insults come because you don't want to do something, keep true to your convictions.