

Skill Building

Dealing with Group Pressure

Steps

- 1. Think about what the group wants you to do and why.**
Listen to other people.
Decide what they really mean.
Try to understand what is said.
- 2. Decide what you want to do.**
Yield. Resist. Delay. Negotiate.
- 3. Decide how to tell the group what you want to do.**
Give reasons.
Talk to one person only.
Delay.
Assert yourself.
- 4. Tell the group what you have decided.**

