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## PEER PRESSURE

1. Jim tells Derrick to steal an extra dessert when they're in line at lunch. He says, "Come on! Everyone is doing it." Is this peer pressure? **YES NO**  
Why or why not? \_\_\_\_\_
  
2. Karen asks Monique to help her on her homework assignment. She says, "Can you please help me? I'll owe you!" Is this peer pressure? **YES NO**  
Why or why not? \_\_\_\_\_
  
3. Laura and Walter are playing basketball. Laura tells Walter to let her win the next game. She threatens to punch him in the arm if he doesn't do it. Is this peer pressure? **YES NO**  
Why or why not? \_\_\_\_\_
  
4. Jackson encourages Aiden to make fun of the new kid. He says, "You better do it or I'll text everyone that embarrassing picture of you!" Is this peer pressure? **YES NO**  
Why or why not? \_\_\_\_\_
  
5. Olive misses the bus to school. Sandy says, "You can ride with me and my mom if you want to. I'm sure it'll be OK." Is this peer pressure? **YES NO**  
Why or why not? \_\_\_\_\_

**What do you think would be the best way for each person to respond in each situation?**



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How to teach a baby to self soothe. How do i teach baby to self soothe.

Negative (unhelpful) thinking patterns can have a strong and sometimes devastating impact on us. It has mine. These were real and thinking about all the possible 'go wrongs' kept us safe. The problem is not that we have negative thoughts. Sometimes it's a downright bully! Constantly putting us down, telling us we are not enough. In her hand, is a glass of water. Here it often creates 'what if' scenarios and often slips into catastrophizing - that is, imagining the worst-case scenarios. It tells us we're not enough. The 'name it to tame it' technique for instant cognitive defusion 'Name it to tame it' is a very powerful, simple, tried and tested technique. Do you struggle with negative thinking? This can affect every aspect of our lives. My mind became my own worst enemy and I ended up hating myself and even questioning whether it was worth continuing to live. Merely snippets of sound and language. Your brain registers negative experiences very quickly, highlighting and storing them in memory. It's not about learning how to stop negative thoughts; it's about changing the way we relate to our thoughts. On top of regular meditation practice, you can also use the following simple practice to bring it with you into your daily life. He says the more our minds wander, the more unhappy we become. Think about them all day long, and you will feel completely overwhelmed by negativity and anxiety and you may even become paralyzed. And actually, makes things worse. Sometimes self-criticism can be disguised as self-improvement. Some of us can experience panic attacks. By doing this, you can learn to feel whole and live an authentic and meaningful life right where you are. You watch the thought "what a dreadful day" arise and fall away. About cognitive fusion What do I mean by getting 'hooked' by thoughts? And we will often play them out. As you take the three breaths, let your full attention rest on the feeling of the breath coming in and out of your body. This is a great metaphor for how we can find our centre through the practice of the mindful three breath pause. Our attention becomes fixated on, and often exaggerates, the difficult or unpleasant aspects of situations, people and events. Clouding our mood, straining our relationships and draining our vitality. The Weight of the Glass A professor teaching stress management principles walks around an auditorium. You allow the situation with the car to dominate your thinking and negative emotions arise as a result. If we don't, we just let them go. Negativity only arises when we dwell on a situation repeatedly without any true intention to learn, solve things or move forward. If I hold it for a whole day, my arm will be in agonizing pain, and would probably start shaking before going completely numb and I'll drop the glass. Tune into your sense perceptions, what you can feel, see, or smell. When we're so absorbed in what's wrong, we're unable to notice what's right. If we could do that, everyone would be okay. Not 'the truth' or 'the way things are' just a bunch of words going through the mind. We wish things were different and we beat ourselves up about it. The four keys are not about learning how to stop negative thoughts, but how to transmute them. Forgetting about all the great things you love about your life. Once we see thoughts as mental events, we don't take them so seriously. We tend to take thoughts very, very seriously. And since you don't attach to it, take it seriously or believe it, it generates no negativity and passes by easily. The four big types of negative thinking patterns Anxiety and Worry "My life has been full of terrible misfortunes, most of which never happened". Practice self-compassion Key 3. Key Two: Practice self-compassion Imagine if we met for the first time. We may play 'bad' choices, 'wrong' actions or embarrassing moments over and over in our minds. The good news is, we don't have to resign ourselves to this. Imagine you're lying in bed again, and you look out and you see that it's raining. But our brains still operate the same way. If we find them valuable or helpful, we might pay attention to them or act on them. The frontal cortex is reflective and helps you zoom out with greater perspective. Or the mistake you made five years ago that you won't let go of. What does, is how long I hold it for. This bias has been hard-wired into the human brain through evolution. This pattern can keep us stuck in cycles of feeling worthless, guilty or ashamed. Zeroing in and dwelling on unpleasant situations make us feel greater levels of stress, unhappiness, frustration, anxiety and negativity in daily life. That is, we are aware of them. Regular mindfulness meditation is the best way to build the muscle of mindfulness. It's in 'survival first' mode. Once there, he can reclaim his wits and find his strength and power. People who practice meditation report higher overall levels of satisfaction with life than others. It also compares us to everyone else in the tribe constantly to see how we are measuring up. We begin to shift our whole relationship with thoughts. Other thoughts are negative unconscious thoughts. There's a free meditation audio you can try for yourself below. He may only be there for a few seconds - but those seconds make all the difference. But when the bull finds querenca, when he finds his centre, he gathers his strength and focus. Steer your focus How long does it take to overcome negative thoughts? All week you are frustrated, angry and depressed because of the car. Through mindfulness, we build our capacity to stay grounded in that greater awareness, instead of being so caught up in, and tossed around by, the surface waves of thoughts and emotion. A strong attachment (getting hooked to) our thoughts is known as 'cognitive fusion.' When we are fused with our thoughts, we tend to get stuck in them. No, of course not! It's simply raining. If you got kicked out it wouldn't be long before a predator or starvation got hold of you. All it takes is to pause and centre yourself with three, deep, slow mindful breaths. You look like someone who doesn't follow through with anything." No doubt if I spoke to you that way it wouldn't feel very nice. This tendency for the human mind to focus on the negative is completely normal (it's not just you). Let's face it, most likely the criticism. These are thoughts, words or images that often run in the background of our awareness, in our subconscious. When we're chasing achievements, trying to attain status, and recognition for these reasons, we're actually just trying to compensate for feeling 'not good enough' feelings. Most of us would never speak to someone else the way we speak to ourselves. Ruminating on mistakes Ruminating on mistakes, problems and misfortunes from the past often creates a heavy load of negativity. It's constantly questioning - am I fitting in? Often these thoughts stem from our internal belief systems and our old conditioning. How do we get stuck in negative thinking? She asks her students, "How heavy is the glass of water I'm holding?" The students shout out their guesses. We are gently training it into new neural pathways of peace and ease. This is how we can learn, grow and mature as people. In each case, the glass doesn't change. It's pretty demoralising. It is caused by what is known as

