

INTERNAL PRESSURE SKIT SHEET

CREATE A SITUATION

The Thinker describes the scene and the pressure that the Thinker feels. Remember, the Thinker is the person feeling pressure inside himself or herself.

Thinker Script:

What are the Pressuring Voices inside the Thinker's head saying? What are the Resisting Voices inside the Thinker's head saying?

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

What is the Thinker's resistance solution? (use back of paper, if necessary)

Script:

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PREPARED SITUATION: ALCOHOL - PARTY

Thinker: *"I'm at my friend's house. A couple of other friends have opened the refrigerator and started handing out beers. No one has pressured me to drink or even offered me anything, but I wonder if I should have a beer, too."*

What are the Pressuring Voices inside the Thinker's head saying? What are the Resisting Voices inside the Thinker's head saying?

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

What is the Thinker's resistance solution? (use back of paper, if necessary)

Script:

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PREPARED SITUATION: ALCOHOL - MOVIES

Thinker: *"I'm at the movies with some friends. A can of beer is being passed down the row. No one has pressured me or even said anything, but I wonder if I should take a drink."*

What are the Pressuring Voices inside the Thinker's head saying? What are the Resisting Voices inside the Thinker's head saying?

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

What is the Thinker's resistance solution? (use back of paper, if necessary)

Script:

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PREPARED SITUATION: CIGARETTES - OLDER TEENS

Thinker: *“My older sister’s friends are at our house. One of them takes out some cigarettes, and they all light up. No one offers me any, but I think about smoking, too.”*

What are the Pressuring Voices inside the Thinker’s head saying? What are the Resisting Voices inside the Thinker’s head saying?

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

What is the Thinker’s resistance solution? (use back of paper, if necessary)

Script:

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PREPARED SITUATION: CIGARETTES - ALONE AND BABYSITTING

Thinker: *"I'm babysitting, and there's nothing on television. In a magazine, I see a glamorous ad with a couple smoking. The people I am sitting for have left some cigarettes around, and I think about trying one."*

What are the Pressuring Voices inside the Thinker's head saying? What are the Resisting Voices inside the Thinker's head saying?

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

What is the Thinker's resistance solution? (use back of paper, if necessary)

Script:

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PREPARED SITUATION: MARIJUANA - PARK

Thinker: *"I am with a group of teenagers at the park. Two of them start smoking marijuana. A few more join in. No one has offered me any or pressured me, but I think about trying some marijuana."*

What are the Pressuring Voices inside the Thinker's head saying? What are the Resisting Voices inside the Thinker's head saying?

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

What is the Thinker's resistance solution? (use back of paper, if necessary)

Script:

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PREPARED SITUATION: ALONE AND BORED

Thinker: *“It’s Saturday afternoon, and I’m home alone and bored. I remember that my older brother left a stash of marijuana in his room. I wonder what it’s like to get high.”*

What are the Pressuring Voices inside the Thinker’s head saying? What are the Resisting Voices inside the Thinker’s head saying?

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

Pressuring Voice Script:

Resisting Voice Script:

What is the Thinker’s resistance solution? (use back of paper, if necessary)

Script: