

Exercise: Detecting pressure

Write down the things you say that your children react badly to. See if you can work out where the pressure is coming from. Use their reactions as a clue.

What are the openly pressuring things you say to your children?	
What are the hidden ways that you pressure them?	
What are the things in the environment that they find pressuring?	
What are things other people say that they find pressuring?	
Are there people and things that they find low-pressure?	
When are the times they seem to feel least pressured?	