

Name _____



Influence Reflections

Directions: Read each journal prompt below and write your honest thoughts. Use complete sentences and explain your feelings and choices clearly.

1. When have I said **no** to something I knew was wrong? What helped me make that choice?
2. What kind of **friend** do I want to be to others, and why?
3. Describe a time when I **felt pressure** to fit in. How did I handle it?
4. How can I **support a friend** who is being pressured to do something risky?
5. What helps me **stay calm** when others are trying to influence me?
6. If I could give advice to my younger self about **peer pressure**, what would I say?
7. What are three **positive influences** in my life, and how do they help me make good choices?
8. How can I show **confidence** when I want to say no?
9. How does it feel when I make a choice that I'm **proud** of?
10. What can I remind myself of the next time I'm in a **peer pressure** situation?