

Pressure & Expectations

Men can experience pressure to cope, provide, perform, stay strong or keep feelings hidden. This page is about noticing what you carry.

What pressures am I carrying at the moment?

Which expectations come from other people?

Which expectations do I put on myself?

What do I feel I have to 'keep together'?

What happens when I feel I am not coping?

What would I say to another man carrying the same pressure?

What could I give myself permission to do differently?

One pressure I could reduce is...