



THE  
**CONFIDENCE**  
CODE

RESISTING PEER PRESSURE




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You're sitting in a group chat, and your friends are planning to go out this weekend. They've been talking about this party for days, and it seems like everyone is going. You're not feeling up to it, but there it is—a message that reads, "You're not gonna bail, right?" Suddenly, that uncomfortable pit in your stomach forms. You know you don't want to go, but part of you feels like you have to. You don't want to be the odd one out, right?

*If such situations sound familiar,  
You are not alone!*



Get For  
Her 2,

peer pressure is more intense than ever. Whether it's social media showing off perfectly curated lives, friends pushing you to act a certain way, or society telling you what you should be doing, peer pressure is everywhere. It's in the likes, the comments, the trends you're expected to follow—even in your family's expectations or the career path you're "supposed" to take.

### **But here's the truth:**

You don't have to give in. You can take control. This book is here to show you how.

# What This Book Is About?

## ***Good News 1: Real Talk, No Fluff***

This isn't your typical "just be yourself" self-help drag. We get it—it's easy to say, but peer pressure is way harder to tackle when you're surrounded by it everyday. So instead, this is more of an E-guide created to help you in the most real way possible.

## ***Good News 2: Tools You'll Actually Use***

Say goodbye to abstract advice. We've got ready-made scripts for saying "NO," confidence-boosting prompts, and terrific tips to tackle peer pressure head on both online and offline.

## ***Good News 3: Real Scenarios, Real Solutions***

From school stress to family expectations, we dive into situations you actually deal with so you can respond like a pro.

## ***Good News 4: Empowerment, Not Guilt***

Everyone faces peer pressure. Instead of making you feel bad about it, we'll show you how to flip the script, and turn that pressure into your own power for growth.

## *Why Does This Matter Now More Than Ever?*

You're part of the most connected generation than any before it. With a single tap, you can see what someone halfway across the world is doing. That's powerful. But, it also comes with a lot of pressure. Here's the thing: Life isn't about matching someone else's highlight reel—it's about living authentically.

By the time you reach the last page, you'll have the tools to handle peer pressure like a boss.

***Be strong enough to stand alone,  
smart enough to know when you  
need help, and brave enough to  
ask for it.***

Ready to dive in? Let's go.

*Last few months in college, and the question everyone is asking: "What's next?" Your friends are all excitedly announcing their uni plans—medicine, media, programming, law. The pressure to pick a career path feels intense, especially when your family joins in, pushing you toward a "prestigious" choice. But deep down, you know that what excites you isn't the same as what others expect. The dilemma? How do you stand up for what you want without disappointing those around you?*

We've all heard about "peer pressure" since school, but in 2024, it's a whole new game. Sometimes, you don't even realise you're feeling pressured until you're doing something just because everyone else is.

So, before we get into ways to handle it, let's break down what peer pressure actually looks like today. Let's dive in!

# What Is Peer Pressure, Really?

In the simplest terms, peer pressure is the influence your friends, classmates, or people around you have on your decisions, behaviour, and attitudes. It's not always direct, like someone telling you, "*Do this, or you're not cool.*" Sometimes, it's just the feeling you get when you see everyone else doing something, and you feel like you have to do it too, just to fit in.

Peer pressure can look different depending on where it's coming from. Let's break down the common types:

## Direct Peer Pressure

This is when someone explicitly tells you to do something. Imagine your friends pressuring you to skip a class because they're planning a day out. It's straightforward and hard to ignore.

## Indirect Peer Pressure

This is more about the unspoken expectations. If everyone in your friend group is doing something and you're the only one not participating, you might feel a sense of obligation to join in, even if you don't want to.

## Subtle Peer Pressure

This is the trickiest one. It's not overt but more about the subtle hints and societal norms. For instance, you might feel pressured to buy the latest smartphone because all your friends have it, even if it's not financially sensible for you.

# Peer Pressure

How to Recognize

Sometimes peer pressure is obvious, but other times, it can creep up on you in ways you might not immediately recognize. Here are some signs:

- Feeling **anxious or stressed** when you think about going against what others are doing.
- Changing your behaviour or opinions to **match** those around you, even if you don't fully agree with them.
- Doing things you **wouldn't normally** do just to avoid feeling left out or judged.
- Questioning **your choices** after seeing what others are doing on social media.
- Ignoring your own boundaries because you feel like you "**should**" do something to fit in.

# The Social Media Trap

*It's a Friday night, and you're scrolling through Instagram. One friend is at a vibrant cultural exhibition, another is on a fairy meadows vacation, and someone you barely know just posted a selfie with 1,000 likes. Meanwhile, you're sitting at home in your pyjamas, wondering if you're the only one who isn't living their "best life." The pressure to keep up with everyone else's highlight reel can feel overwhelming, but here's the truth:  
social media isn't real life.*

Social media platforms like Instagram, TikTok, and Snapchat allow people to curate the best parts of their lives. But remember, what you see is just the highlight reel, not the full story.

If you doubt that you are stuck in a similar social media trap, below are some Qs to find out:



Am I frequently **comparing myself** to others' successes, and how does that make me feel about my own achievements?



Do I find myself **seeking validation** through **likes** and **comments**?



Am I **feeling pressured** to keep up with trends? And do I often get triggered by **FOMO**?



Am I measuring my **self-worth** based on someone else's social media persona?



You can't control what others post, but you can control how much of it you consume and how it affects you. If you find yourself affected by any ones of these points, consider the tips mentioned below to help you breakout:

- If certain accounts bring you down, it's perfectly okay to **mute or unfollow** them. Also, instead of a mass unfollow, try unfollowing a few accounts each week. Gradually, your feed will become more meaningful.
- **Disable** those **push notifications** and **limit** the surge of comments and DMs. This way, you'll be less tempted to open them without reason.
- Cut down on mindless scrolling by setting daily **screen time limits**. Staying mindful of how much time you're online helps keep social media in check.
- Choose **specific rooms** like your bedroom or **times** like the first hour after waking up as phone-free to help break the urge to scroll constantly.
- Follow accounts **that genuinely interest** you and make you feel good—whether that's hobbies, self-care, or motivation. Keep it positive and personal!

**Tip:** Set your phone aside for 15 minutes a day and notice how you feel afterward. This small break from the constant feed of other people's lives can give you space to reconnect with yourself and your own reality.

# Real vs Fake Friendships

*Imagine this: You're out with your group of friends, and one of them makes a sarcastic comment about something personal to you. Everyone laughs, but you don't find it funny. It stings. Later, when you confront them, they brush it off, saying, "It was just a joke. Don't be so sensitive." This is a moment where you start questioning: Are these friends really good for me?*

Toxic friendships can seem normal or even fun at first, but over time, they drain your self-esteem and peace of mind.

Shared below is a checklist to spot those red flags:



Do they guilt-trip you into doing things you're uncomfortable with? ("If you were really my friend, you'd do this.")



Have they excluded you from plans or important conversations more than once?



Do they make you feel bad when you can't meet their expectations? ("I guess I'll just do it alone, then.")



Do they repeatedly disrespect your boundaries or ignore your personal space?



After spending time with them, do you often feel drained, anxious, or unhappy?

*If you're checking "yes" to these, it might be time to rethink your friendship. Shared below are some tips to help you.*

1

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No need for a dramatic exit. Just start **responding less** frequently to their messages, decline invitations, and spend more time with people who lift you up.

3

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Sometimes, a **direct conversation is necessary**. You can say, *“I’ve been feeling like our friendship is affecting me negatively, and I think it’s best if we take some time apart.”*

2

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If the friend constantly oversteps your boundaries, calmly and **clearly communicate**. For example, *“I’m not okay with how you’ve been treating me lately, and I need some space.”*

4

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Cutting ties can be rough. Make sure to **take care of yourself** —journal your feelings, hang out with positive people, or do things that make you happy

# Okay So Finally, How to Navigate Peer Pressure

## *First things first,*

- **Awareness** is key here—knowing in the moment that you are under peer pressure to do something you know you shouldn't.
- As soon as you can hit that **realisation**, you also realise you have the control.

**Tip:** Remember a moment when you said “yes” but wanted to say “no.” Reflect on why you regretted it. Next time, remind yourself: “***I’ve been here before, and I won’t make that choice again.***”

- And then it's about being **assertive** and confident in yourself.

**Tip:** If you feel rushed to decide, **PAUSE!** If friends want you to stay out late, say, “I’m good for tonight, thanks.” If family pushes a career choice, respond, “I appreciate your advice, but I need to follow my passion.” No need to over-explain—**just be confident in your “No.”**

Secondly,

**1** **Never compromise** your values, even if it makes others uncomfortable. Know that your real friends will always stay by your side. And for the ones who don't, just remember that *you probably won't know any of these people in 5 years.*

**2** **Don't put pressure on yourself.** Most of the time we stress over others' opinions, when, in reality, they are just focused on their own insecurities. Letting go of the need for validation makes space for something way more important—your own happiness.

It's all about having the **willingness to be disliked.** Sure, it may come with short, temporary conflicts but will earn you real respect down the road. People will forget those annoyances, but *they'll never forget the strength of your character.*

**4** **Distancing yourself** from those who put pressure on you even if they are your closest friends. It may feel isolating, but it's better to be alone than with people who don't respect your boundaries. Trust me, your future self will thank you!

Last but not the least, here are some handy responses:



Let's say your friends are pressuring you to skip class. Just say, "*I'll think about it,*" then switch topics: "*Have you seen that new movie coming out?*" or "*Did you try that new pizza place?*" It's a simple way to **change the subject** without conflict.



When friends are jumping on the latest craze, simply say: "I get why everyone's into it, but it's not really my thing. I'm happy with my own style!" You don't have to follow trends to belong.



Have a **pre-planned excuse** to leave a situation that feels too pressured, like needing to get home early or having to meet someone.



Set up a system where you can **call or text a trusted friend** if you need help leaving a pressured situation.



If you're unsure how to respond, **delay the decision** by saying, "I need to think about it," or "I'll get back to you later."

# Final Thoughts:

*An Islamic Perspective on Peer Pressure*

***And if you obey most of those upon the earth, they will mislead you from the way of Allāh. They follow not except assumption, and they are not but misjudging.***

[Quran 6:116]

As we've explored throughout this book, peer pressure can lead us down paths that may feel right because everyone else is taking them—but it doesn't mean they're the right ones for us. This verse acts as a powerful reminder.

Our choices shouldn't be led by popularity or social validation; instead, they should be driven by what brings us closer to Allah and strengthens our moral compass. This is where true confidence, self-worth, and resilience are found.

# Why not to Obey the Majority

وَلَكِنَّ أَكْثَرَ النَّاسِ لَا يَعْلَمُونَ

...But most of the people do not know. [Quran 7:187]

وَلَكِنَّ أَكْثَرَهُمْ لَا يَشْكُرُونَ

...But most of them are not grateful. [Quran 10:60]

وَلَكِنَّ أَكْثَرَ النَّاسِ لَا يُؤْمِنُونَ

...But most of the people do not believe. [Quran 11:17]

بَلْ أَكْثَرُهُمْ لَا يَعْقِلُونَ

...But most of them do not reason. [Quran 29:63]

وَلَكِنَّ أَكْثَرَهُمْ يَجْهَلُونَ

...But most of them, [of that], are ignorant. [Quran 29:63]

*-The day I realised that  
living for the Creator,  
not for creation, is the only  
life worth leading.*

Every day now feels lighter, like a weight has been lifted from my shoulders. There's a steady calm in knowing I'm not chasing after anyone's approval, not bending myself to fit expectations that don't belong to me. I feel rooted, like a deep peace flows from knowing my worth comes from something unchanging, something greater than the fleeting opinions of the world.

It's as if a quiet confidence has settled within me—a sense that I'm walking a path meant only for me, one guided by Allah (SWT)'s wisdom and purpose. I feel free, finally, from the pressure to be anything but myself. And in that freedom, there's a strength I never expected: I know who I am, and I trust the journey I'm on.

The need to prove, impress, or conform has faded away, replaced by a deeper contentment, a faith that no matter what comes my way, I am held, I am seen, and I am enough.