

DO Therapy

Turn Down the Pressure

Some pressure comes from real demands: deadlines, responsibilities, finances, parenting, work, or other people depending on us. But pressure can also increase because of the expectations we add to those demands. This exercise helps you identify **one source of pressure and determine whether the demand is necessary, adjustable, or something you are placing on yourself.**

NOTICE

Choose one area where you have been feeling pressured, overwhelmed, or stretched.

Listen for the language accompanying it. Maybe:

- I have to...
- I need to...
- I should...
- I can't fall behind.
- I need to get everything done.
- I should be able to handle this.
- I can't disappoint anyone.
- I have to do this right.

Ask: **“What am I requiring of myself right now?”**

Choose **one expectation** to examine.

REVIEW THE GAME TAPE

Get curious about where the pressure is coming from.

Ask:

- Is this an actual requirement or an expectation?
- Who established the standard?
- What do I believe will happen if I don't meet it?
- Am I treating something important as though it must be perfect?
- Would I expect the same thing from someone else in my circumstances?

Then ask: **“Does this need to happen or have I decided it needs to happen this way?”**

Some demands really are necessary. The opportunity isn't always eliminating the responsibility.

It may be changing **the standard, timeline, amount, or way it gets done.**

PRACTICE

Choose **one way to reduce unnecessary pressure.**

Maybe:

- **Eliminate it** — Does this actually need to happen?

- **Reduce it** — What would good enough look like?
- **Delay it** — Does it need to happen now?
- **Delegate it** — Does all of this have to be mine?
- **Renegotiate it** — Can the expectation or deadline change?
- **Set a boundary** — Am I agreeing to more than I can reasonably carry?
- **Accept it** — If it truly cannot change, can I stop spending additional energy arguing with the reality of it?

Then practice: **“Instead of requiring _____, I am going to practice _____.”**

Change **one demand**, not your entire life.

BUILD REPS

Notice when pressure language appears again.

Ask:

- Is this pressure coming from the situation—or from the standard I've added to it?
- Am I treating a preference like a requirement?
- What happens when I allow something to be good enough?
- Which responsibilities genuinely need my effort?
- Where can I create more capacity by expecting less?
- What should I keep or adjust?

Turning down the pressure doesn't mean becoming less responsible.

Sometimes it means becoming more intentional about **where your limited resources actually need to go**.

DEMAND → EXAMINE → ADJUST → DO WHAT MATTERS

DO Therapy

NOTICE → REVIEW THE GAME TAPE → PRACTICE → BUILD REPS → TEST & LEARN

Notice what's happening. **Review the game tape** with curiosity rather than judgment. Choose something to **practice**. **Build reps** by trying it more than once and noticing what happens. Then **test & learn**—keep what helps, adjust what doesn't, and try again.

The goal isn't to get it right. The goal is to learn from what happens.