

Social psychology in everyday life

My Choice Within a Group

Adults | 10 to 15 minutes

What other people seem to expect can affect decisions, especially when belonging matters. A group norm may be spoken, implied, or guessed. Explore one ordinary interaction and leave room for uncertainty about what others actually think.

Choose a low-risk group situation. Separate observable words or actions from your interpretation before considering a response.

Check the expectation

Record what someone actually said or did. Then identify the rule you inferred, such as 'everyone must agree.' Consider whether there is evidence of exceptions.

Protect a chosen response

Name a value or need you want to preserve. A question, delayed answer, quiet boundary, or chosen agreement may fit; direct disagreement is not always safe or necessary.

1. What group situation influenced my choice?**2. What expectation was explicit, and what did I assume?****3. What value, need, or relationship matters in my response?****4. What safe question or action would help me choose more deliberately?****Clinical use and adaptation**

Avoid reading motives or stereotyping cultural groups. Consider power, dependence, discrimination, and realistic consequences of dissent. This is an observation exercise, not a measure of conformity or social cognition.