

I need to be pushed !



Stress is not always seen as negative. It seems that most of us need to be stressed in order to perform well. Write an **essay** (about 300 words). Consider the following questions and add further points of your own.

- Do you need deadlines to work ?
- Does the pressure of exams make you work harder?
- Competition is a form of stress. Does this often stimulate people to greater achievement?
- In which situations do you need to be pushed, and how do you feel about it?
- How do you perform if you are not pushed?