

Refusal Skills Game

- ✓ **Say “No” First**
- ✓ **Use Good Eye Contact and Posture**
- ✓ **Suggest an Alternative**
- ✓ **Change the Subject**
- ✓ **Confront or walk away**



Refusing alcohol and/or drugs may be easier or more difficult depending on whom you are with, where you are, the time of day, and so forth (basically any of the triggers). Being prepared by practicing these refusal skills can help you stay away from alcohol and drugs and reach your goal. Below are the basic steps for refusing alcohol or drugs.

- **Say, “No” First** Of course, if someone offers you alcohol or drugs, no is the first word that should come out of your mouth. To make sure he or she knows you are serious, be firm. Often people will just accept a “no thanks” without pressuring you anymore. However, other people such as friends may want an explanation. Having a readymade explanation (“No, thanks, I’m in recovery or I’m done with that or I’m not going back to jail”) can make it easier. You may decide to just tell them no or you may say more about why you do not want to use drugs anymore.
- **Use Good Eye Contact and Posture.** Be aware of your posture and body positioning. To get your point across and show you are serious, it is best to look directly at the individual and stand up strong when refusing alcohol or drugs.
- **Suggest an Alternative.** For example, if someone offers you a beer, you might say something like, “No, thanks. How about a soda?” or “Let’s go play a video game.”
- **Change the Subject.** This shows that you are not really interested drugs any more. For example, say, “No, thanks. Hey, what did you think of that new song by Eminem?”
- **Confront the person and/or Walk Away.** It can strain a relationship at times, but you must set a healthy boundary between you and people that are dangerous to your recovery. Tell them to stop offering alcohol or drugs, or you will not be able to hang with them. Walk away, hang up, or delete their contact from your phone/Facebook.