

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the right side of the frame, creating a modern, layered effect.

# Visit 15 - Techniques for Saying No - Building Your Drink Refusal Skills Continued

# Building Your Drink Refusal Skills

## Script and Practice Your "No" Continued.....



Last time we talked about how difficult it can be to say no the first few times, and how you can build confidence by scripting and practicing your lines.

Also, consider asking a supportive person to role-play with you, someone who would offer realistic pressure to drink and honest feedback about your responses. Whether you practice through made-up or real-world experiences, you'll learn as you go. Keep at it, and your skills will grow over time.

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/building-your-drink-refusal-skills>

# Building Your Drink Refusal Skills

## Try Other Strategies



In addition to being prepared with your "no thanks," consider these strategies:

- Have **non-alcoholic drinks** always in hand if you're quitting, or as "drink spacers" between drinks if you're cutting back
- **Keep track of every drink** if you're cutting back so you stay within your limits

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/building-your-drink-refusal-skills>

# Building Your Drink Refusal Skills

## Try Other Strategies Continued....



- Ask for support from others to cope with temptation
- Plan an escape if the temptation gets too great
- Ask others to refrain from pressuring you or drinking in your presence (this can be hard)

If you have successfully refused drink offers before, then recall what worked and build on it.

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/building-your-drink-refusal-skills>

# Building Your Drink Refusal Skills



## Tracking your drinking

If you want to *cut back* on your drinking, start by keeping track of *every* drink. You are already doing this for the study.

Keep it up!

Not only does this help us with the study, but it also improves your own awareness of your progress.

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/building-your-drink-refusal-skills>

# Building Your Drink Refusal Skills

## Remember - It's Your Choice



How you think about any decision to change can affect your success. Many people who decide to cut back or quit drinking think, "I am not allowed to drink," as if an external authority were imposing rules on them. Thoughts like this can breed resentment and make it easier to give in. It's important to challenge this kind of thinking by telling yourself that **you** are in charge, that **you** know how you want your life to be, and that **you** have decided to make a change.

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/building-your-drink-refusal-skills>

# Building Your Drink Refusal Skills

Remember - It's Your Choice Continued



Similarly, you may worry about how others will react or view you if you make a change. Again, challenge these thoughts by remembering that it's *your* life and *your* choice, and that *your* decision should be respected.

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/building-your-drink-refusal-skills>

# Building Your Drink Refusal Skills

## Drinking Tracker Cards

The **drinking analyzer card** can help you examine the causes and consequences of your drinking patterns.

The image displays four identical drinking tracker cards arranged in a 2x2 grid. Each card is enclosed in a dashed border and has a small scissors icon at the top right corner, indicating it is a template to be cut out. Each card is a table with the following structure:

Date	Situation (people, place) or trigger (incident, feelings)	Type of drink(s)	Amount	Consequence (what happened?)

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/alcohol-consumption-tracker>



# Today's Writing Session:

## Building Your Drink Refusal Skills



Place today's date in your notebook.

Copy this table into your notebook:

Date	Situation (people, place) or trigger (incident, feelings)	Type of drink(s)	Amount	Consequence (what happened?)

Now, try to fill out this table with the last 3-5 times you either had an alcoholic drink or were tempted to have one.

Write down the triggers (e.g. tough work day, argument, fun sportin event, just thirsty)

Then write down any coping strategies you used and how much you did or did not drink.

**BONUS:** Did anyone see you decline a drink? If so – congratulations! If not, lets keep working on it!