

REFUSAL SKILLS

When others invite us to engage in a behaviour of concern, this can be one of the most difficult triggers to resist. It's a very common stumbling block on the path to change. Being prepared in advance for these situations and developing refusal skills can increase the chance of successfully avoiding a slip-up.

If a participant brings up peer pressure in the group, you may try role-playing how they would handle a situation.

Here is an example of using refusal skills in a situation involving alcohol. This could be adapted to demonstrate how to refuse any substance or avoid engaging in any behaviour of concern.

