


SMART Tool
REFUSAL SKILLS

When you learn to understand urges and cravings, you are able to make different choices about how to respond.

Discuss...	a potential high-risk situation in a SMART meeting and/or with a trusted person
Rehearse...	how you will respond to the situation by getting someone to act out the part of the person offering the drink. You can plan what you will say in advance.
Visualise...	the situation and any behaviour that might be useful, such as buying a soft drink, leaving early, taking a supportive friend with you, and making sure you eat something.
Prepare...	for some challenges. Think about your response if someone presses the issue by saying something along the lines of: 'Come on, one drink won't hurt. Help me celebrate. Are you too good to drink with me?' What will you do? What will you say to them?

Here are some additional tips on refusal skills:

Use assertive body language	Make eye contact and have a serious facial expression. Speak in a clear, firm and unhesitating voice. Rehearse this, too!
Resist feeling guilty	You are not hurting anyone by not drinking. You have a right not to drink.
After saying no, change the subject.	Have some small talk prepared to take the focus away from drinking.