

SUBSTANCE REFUSAL

WAYS TO SAY NO THAT ARE MORE THAN "JUST SAY NO"

"I HAVE TO DRIVE HOME TONIGHT."

"MY PARENTS WILL BE MAD, AND I DON'T WANT TO DEAL WITH THAT."

"I GET PARANOID AND GET AN UPSET STOMACH WHEN I SMOKE."

"I CAN'T HAVE A DRINK WITH MY MEDICATION."

"I'M ALLERGIC TO IT."

"MY FAMILY HAS A HISTORY OF ABUSING, AND I DON'T WANT TO EXPOSE MYSELF TO IT."

"I'M NOT WASTING MY CALORIES ON ALCOHOL."

"I ALREADY HAVE A DRINK."

"I HAVE TO WORK IN THE MORNING."

"IT GOES AGAINST MY PERSONAL/SPIRITUAL BELIEFS."

"I DON'T FEEL WELL RIGHT NOW, AND DRINKING/USING WILL MAKE IT WORSE."

"I DON'T LIKE THE WAY IT TASTES."

