

Build your drink refusal skills

Tips

- Make your intention not to drink known in advance
- Script and practice your 'no'
- Ask for support from others to cope with temptation
- Become a mocktail master
- Plan an escape if the temptation gets too great

Examples

“ I don’t think I’ll be drinking tonight, I’ve decided to take a break for a while”

“Thanks but I've already had my drink for the night and I'm sticking with water from here on. I've got a research paper to complete in the morning and it's already overdue.”