NEW DAY RECOVERY

Session 29 Handout

Saying No in Your Own Words

Short. Plain. No big speech. Say it, then change the place or the plan. Practice out loud in group until the words feel like yours — a no you have rehearsed is a no you can say under pressure.

Name: _____ **Date:** _____

Words that work — make them yours

- "No thanks. I'm not using."
- "I can't. I'm in a program and I'm not using."
- "Not today. I've got somewhere to be." (Then go there.)
- "I have to go. My ride is here." (Set the ride up before you go.)
- If they push: say it once more, the same way — then leave. You do not owe a debate.

Build your own

When _____ offers or pushes, I will say:

If they push a second time, I will say:

Then I will go to (place):

And I will call (name & phone):

If–then plan

If _____ happens, then I will _____, with _____, and go to _____.

One place or event I am not going to this season — my "not yet" — and what I will do instead:
