

# STRUCTURED RELAPSE PREVENTION

## Coping Skills Assignment

### REFUSING DRUGS AND ALCOHOL

When you quit using drugs and alcohol, one of the highest risk situations you may experience is being offered a drink or urged to use a drug. Just saying no requires some practice and in many cases is not enough.

Here are some other suggestions to help you cope in situations where you are being offered alcohol or other drugs:

- Don't hesitate to say no
- Look the person in the eye
- Tell the person to stop offering
- Suggest an alternative - something else to do, something else to drink or eat
- Change the subject
- Remind yourself of your goal
- Think about the negative consequences of using, and the benefits of not using
- Leave the situation
- Don't feel guilty about refusing
- Feel good about yourself for not using.

Practice exercise:

What situations can you anticipate when you will be offered a drink or drug?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

What will you do, think or say in each of these situations?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

*(From Addiction Research Foundation.  
Structured Relapse Prevention Program)*