



HANDOUT RS-1

THE BROKEN RECORD TECHNIQUE

- Use a calm tone when speaking to another person/people.
- Say no firmly while attempting to maintain a respectful tone.
- Continue to repeat the word “no” despite the arguments/pressure that the other person is applying.
- Do not attempt to give lengthy explanations that justify your position, keep it short: Keep repeating “no” or “no, thank-you.”
- Do not lose your focus, make your position clear to the other person/persons.

HANDOUT RS-2

GUIDELINES FOR DRINK/DRUG REFUSAL SKILLS

- 1. Don't feel guilty or apologetic**
 - You don't owe it to anyone to drink or drug. The way you feel **WILL** affect the way you act. If you don't feel it — you won't transmit it.

- 2. Use body language that shows you don't feel guilty**
 - Make direct eye contact.
 - Voice: clear, firm, confident.

- 3. Say No**
 - Say it first, say it firm: otherwise people wonder if you are sincere.
 - You can follow with an explanation, but not an apology.
 - OK: No, I don't drink any more
 - Not OK: No, I'm really sorry, but I just don't do that any more.
 - You can follow your "no" with an alternative, or you can change the subject.

- 4. Suggest an alternative**
 - Show that saying no doesn't mean you're not interested in the person. Offer alternatives you would like to pursue:
 - Go for a coffee
 - Go for a walk
 - See a movie
 - Have a meal.

- 5. Change the subject**
 - This prevents you getting into a long discussion with pressure applied.

- 6. If you are being pressured, consider**
 - Using the broken record technique
 - Requesting a behavior change: "If my friendship is important to you, you will stop pressuring me to drink".

- 7. Don't offer excuses**
 - Excuses ("I've got to go to work" "I can't do it now, I'm on meds") suggest you might drink or drug some other time. To avoid that impression — make no excuses.

HANDOUT RS-3

CASE STUDY: LOU'S PROBLEM

SITUATION

Lou has been on probation for the past two years. Lou is always having disagreements with his case management officer over his employment situation and questions about who he associates with. Lou is really frustrated because he thought he was doing everything right but couldn't convince his probation officer. All of this has had an impact on the progress Lou is making in completing trade courses so he can find a decent job.

One night Lou was returning to his apartment from an NA meeting and bumped into some old buddies, including Jeff. Lou was only a few blocks away from his apartment. Jeff said he really wanted to get high tonight and offered to share his drugs with Lou. But Lou said he wasn't interested and returned home. Once in his apartment, Lou started to get really bored and went to the local pool hall. On his way there, he happened to bump into Jeff and his buddies for a second time.

The time Lou explained he was bored and looking for something to do and how the probation system was totally unfair. Jeff fully agreed with Lou's position and offered to share some cocaine he scored with his friends earlier that night.

The more Lou thought about how everyone seemed to be screwing with his head they more he wanted to snort a line.

INSTRUCTIONS

Your group is to prepare and practice three separate role-plays, based on the situation above. When you do them, take turns switching the role of Lou while the other members in the group play Lou's friends.

Role-Play One: **Lou is unable to resist smoking the joint.** He fails to use any refusal skills.

Role-Play Two: **Lou resists smoking the joint.** He uses the **only most basic refusal skills** (the bolded points listed on Handout RS-2: Guidelines for Drink/Drug Refusal Skills.)

Role-Play Three: **Lou resists smoking the joint.** Lou uses the basic skills in addition to practicing a number of different refusal skills (e.g., suggest an alternative, change the subject, request a behavior change). Use all or most of the tools found in Handout RS-2: Guidelines for Drink/Drug Refusal Skills.