

# **DRUG REFUSAL SKILLS: TELLING A PARTNER YOU DON'T WANT TO USE DRUGS**

(USE WITH Supplemental RP Session:  
Dealing with a Partner Who Uses Drugs)

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## **STEP 1**

Make eye contact.

## **STEP 2**

Tell your partner that you are trying to stay clean from  
alcohol/drugs.

## **STEP 3**

Give a reason why you are trying to stay clean.

## **STEP 4**

Suggest an alternative.

OR

Suggest a break from the relationship.

OR

Tell the person that you need to stop seeing them  
and why.

## **STEP 5**

If needed, tell your partner you will contact them, they  
should not contact you, and leave.

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