

WAYS TO OFFER AN ALTERNATIVE

(USE WITH General Refusal Skills)

1. You can try asking someone else for money.
2. You will need to ask someone else for cigarettes.
3. Maybe I can try to help you out with that later.
4. Why don't you ask someone else to help you out with that?

If someone asks you to do something that you don't want to do:

1. Why don't we go to the movies instead?
 2. Would you like to take a walk instead?
 3. Why don't we have lunch together instead?
 4. Why don't we go to church?
 5. Why don't we go to an AA/NA meeting?
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