One of the most basic skills to achieve during early recovery from addiction is your ability to refuse taking a drink or a drug.

Much of this skill rests with your ability to change old habits. There will be both obvious and subtle pressure on you to resume your drinking and using behavior. You may have cravings based on being around specific people or places. Certain moods may make you more vulnerable to picking up a drink or drug.

The best type of refusal skill centers around staying away from “slippery” people and places. Do not be guilty of setting yourself up to relapse. Often small decisions that are made throughout the day either protect you from taking the first drink or drug or draw you closer to the actual event.

At times you will find yourself face-to-face with being offered or encouraged to drink or use. How quickly and clearly you refuse the first request will have a major influence on your ability to stay abstinent.
Skills to practice:

Staying away from “slippery” places.

How can I practice this skill?

Staying away from “slippery” people.

How can I practice this skill?

Being direct and quick in refusing.

How can I practice this skill?

Removing yourself from dangerous situations.

How can I practice this skill?

Finding alternative “safe” activities.

How can I practice this skill?

Rewarding yourself for successful behavior.

How can I practice this skill?