

Refusal Skills Worksheet

Name:	
Date:	
Gender:	Male Female Other:

Instructions:

This worksheet consists of scenarios where you may encounter situations requiring refusal skills. Take your time to read each scenario carefully, consider possible responses, and choose the most appropriate refusal strategy. After completing the worksheet, reflect on your choices and consider how you can apply these skills in real-life situations.

Scenario	Offer / Request	Potential Consequences of Accepting	Refusal Strategy
1	A friend offers you a cigarette at a party.		
2	A coworker asks you to cover their shift on short notice.		
3	A family member insists you join them for a large meal when you're trying to stick to a healthy eating plan.		
4	A classmate pressures you to cheat on an exam.		
5	A salesperson tries to convince you to buy an expensive item you don't need.		
6	A romantic partner pressures you into engaging in sexual activity when you're not ready.		

Scenario	Offer / Request	Potential Consequences of Accepting	Refusal Strategy
7	A friend invites you to a late-night party the night before an important exam.		
8	A colleague asks you to participate in gossiping about another coworker.		
9	Someone offers you a drink at a social gathering, but you're abstaining from alcohol.		
10	A stranger asks to borrow money from you at a bus stop.		

Reflection Questions:

<p>1. How did I feel when practicing refusal skills in these scenarios?</p>
<p>2. Which refusal strategy did I find most effective for each situation?</p>
<p>3. How can I apply these refusal skills to similar situations in my daily life?</p>
<p>4. What challenges do I anticipate when using these skills, and how can I overcome them?</p>
<p>5. How do I feel about asserting my boundaries and making decisions that prioritize my well-being?</p>