

Refusal Skills Worksheet

How to use refusal skills Use “_____” statements. “I am not okay with going to that movie, but you can go if you want.” Use _____ language that shows _____ and firmness. _____ your words with confidence and firmness. Be bold or _____ yourself if needed. Walk away if a person is not being _____ about your decision or pressuring you.

Write in your own words what it means to be assertive.

Write 10 things you value.

What actions do you do that show what you value?

5 Goals that I want to accomplish in the next 5 years.

What was the message from the cup and straw activity?