

REFUSAL SKILLS - notes

- ✓ Avoid
- ✓ Escape
- ✓ Refuse
- ✓ Persuasion
- ✓ Point of Persuasion

3 Ways to Avoid a Persuasive Situation

1. _____
2. _____
3. _____

Define

- ✓ Persuasive Situation -

- ✓ Point of Persuasion -

Influencing Factors in Refusal Skills

1. _____
2. _____
3. _____

10 Refusal Techniques – explain how each would be an effective refusal

1. Say "NO" firmly. _____
2. Repeat your refusal over & over. _____
3. Give a believable excuse. _____
4. Give a reason. _____
5. Change the subject. _____
6. Suggest an alternative activity. _____
7. Ignore the situation/act dumb. _____
8. Reverse the pressure. _____
9. Delay your decision. _____
10. You're your partner when you've made your decision. _____

Effective Characteristics of Refusal Skills

1. _____
2. _____
3. _____