

How to Say No to Drinking

admin · Friday, January 18th, 2008

When dealing with close friends and family, telling them that you're trying to refrain from drinking should be enough said. But its understandable one would not want to announce to everyone that they feel they have a problem with alcohol. In those situations, here are some handy 'excuses' you can give for not drinking.



- ? I'm the designated driver
- ? I have an appointment in the morning
- ? I can't mix alcohol with my medication
- ? I ate too much, I'm full
- ? My spouse/significant other will kill me
- ? I want to stay up late to catch a movie

Regardless of the reason you choose to give, stick to it. Don't be bullied or coerced into drinking. If your companions continue to insist on your drinking, simply call it a night and find something else to do. Preferably with people who are also not drinking.

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