

PRESSURE LINES AND ASSERTIVE REFUSAL EXAMPLES

Statement: Hey, do you want a cigarette?

Response: No thanks. I don't smoke.

Statement: I'll bet you've never tried a cigarette before!

Response: That's true, and I've never jumped in front of a moving car before either.

Statement: You're just afraid to try it.

Response: You're right. Cancer does scare me!

Statement: You're afraid your parents will find out. Come on and try it. They'll never know.

Response: It's true that they don't want me to smoke. It's also true that I don't want to smoke. And I know they won't find out because there won't be anything to find out.

Statement: If you were my friend, you'd smoke with me.

Response: I like being your friend, but what does smoking have to do with it?

Statement: Just one cigarette won't hurt you!

Response: You're probably right. But it won't do me any good either.

Statement: I smoke and cigarettes haven't hurt me. Look, I can still run faster than you.

Response: That's true. You can run faster than I can. And if you didn't smoke, you could run even faster than you do now. If I smoked, I'd only get slower than I am now.

Statement: Grown-ups smoke. Don't you want to be grown-up?

Response: Every grown-up I know who smokes wishes he didn't. Besides, being grown-up means being independent. Smoking means being dependent – on a dangerous habit. What's grown-up about that?

Statement: Are you sure you don't want a cigarette – just this once?

Response: No thanks. I don't smoke.

Statement: I bet you've heard that your first cigarette can make you sick and that's why you're afraid to try.

Response: I have heard that, and getting sick is not my idea of a good time.

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Statement: Well, just try one puff. That won't make you sick.

Response: No. That will just make me cough. Why would I want to make myself cough?

Statement: If you never try a cigarette, you'll never know what smoking feels like.

Response: You're right, but I don't plan to shoot myself just to find out what that feels like either.

Statement: You know, a lot of people get cancer, even if they have never smoked.

Response: I know. And a lot of people get killed in car accidents even when it wasn't their fault, but it's still a good idea to drive safely.

Statement: I know some people who have smoked for thirty years, and they've never gotten cancer or heart disease.

Response: Some people are lucky. I don't want to take a chance.

Statement: You know – everybody smokes. You're going to feel weird if you don't.

Response: Not everybody smokes. I'm somebody and I don't smoke. And I don't feel any different now than I ever did.

Statement: Look, I just smoked a cigarette and nothing bad happened to me.

Response: I guess that depends on what you call bad. Your heart is working harder now, your eyes don't see as well at night, your blood pressure is higher, and you've added a layer of brown gunk to the inside of your lungs. I can do without.