Declining without a Debate - Supported Practice Lab

30 minutes | 3-12 people | Adults with trained group facilitation

Practice a brief decline and an exit option for an ordinary social pressure.

Open with choice - 3 minutes

Explain the purpose, privacy limits, and the option to observe, use fiction, adapt, or pass. Check access needs and group readiness; do not promise absolute confidentiality.

Meet the fictional case - 4 minutes

A member is invited to a setting that does not fit current goals. Ask what is known, what is assumed, and what the person in the case wants.

Practice: Skills rehearsal - 16 minutes

Practice a brief decline and an exit option for an ordinary social pressure. Offer speaker, support-listener, and observer roles using the fictional case. Model a brief permission-based exchange, rehearse one small part of the task, and invite a role switch only by choice. Observers notice clarity and consent rather than rating people.

Reflect and compare - 4 minutes

What helps the limit stand without an argument? Ask what fits, what does not, and what external conditions or supports affect the options. No personal disclosure is required.

Close and integrate - 3 minutes

Invite an optional observation, support request, or small next step. Passing is welcome. Agree how to revisit questions and seek appropriate help outside the exercise.

Practice output

A brief practiced statement, question, or support request, plus one revision.

Scope and care

Use ordinary or fictional examples, not graphic substance-use stories or cue exposure. No competitive abstinence scoring, forced disclosure, or required pathway. These plans do not manage intoxication, overdose, withdrawal, or medication changes; follow individualized care and appropriate medical assessment. Joint exercises are unsuitable where coercion, violence, fear, or retaliation may be present; arrange private clinical assessment and appropriate support.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background references: GP01, GP02, GP03, RF-SUR. Full source links: library.morethantherapy.org/group-activities/GRP807