Refusal with an Exit - Concept brief

Understand the idea behind refusal with an exit and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan is invited to an event where returning to use feels more likely.

The idea

A refusal works best when it includes a realistic way to leave or get support.

An ordinary example

Jordan is invited to an event where returning to use feels more likely.

What this can look like

Rehearse a brief decline, an exit line, and an alternative plan for a low-stakes invitation.

Check the fit

What makes leaving feasible rather than just a sentence on paper? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

What makes leaving feasible rather than just a sentence on paper?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A11-1