

How to refuse a drink

1. No thanks I'm sticking with water on the rocks.
2. Drinking interferes with my Beauty Sleep
3. Thanks, but I've got a ton of work to do later.
4. I'd rather get my own, thanks.
5. I'm allergic to alcohol.
6. I'm driving tonight.
7. I have an important test tomorrow.
8. No thanks, I'm taking medicines that I can't drink with.
9. I'm dieting....alcohol's got too many calories.
10. No thanks, I'm still a little partied out from _____ (fill in the blank).
11. I've had enough
12. You know what your problem is? You think too much about others. It's time you start making yourself and your needs a top priority.
13. See, I've got this thing about putting poison into my body... I try not to.
14. That is very kind of you, I'd love an apple juice, glass of soda, etc. if you don't mind.
15. Sorry, I never drink on Friday (or whatever day it is)
16. Not right now -- the party's wild enough as it is and I want to appreciate it fully.
17. I'm too young and dangerous.
18. Too windy, I'll spill it.
19. I'm delaying my start.
20. Sorry, I'm allergic.
21. Not my time. Later, maybe.
22. No. And you're the 548th to ASK!
23. Nope. My limit is two.
24. No thanks, my liver is tired
25. I can't lift 12 ounces
26. I already have a 6 pack
27. I would rather not waste the calories
28. I am trying to prevent a beer belly
29. I don't feel like praying to the porcelain gods tonight
30. You can't keep a body like this if you take in all those calories
31. Can I get a rum and Coke, minus the rum?
32. I'm boycotting all alcohol that isn't fair trade
33. No thanks, I'm giving up drinking for Lent. What? It's not Lent? I like to be early.
34. Nah, I killed enough brain cells watching Jersey Shore. Anymore and I'll end up like (Snooki or Mike)
35. Water is my drink of choice
36. I get high enough on Mountain Dew...no telling WHAT that stuff will do to me
37. Trust me, I'm much more amusing when I'm sober

38. No, that's okay, I don't really "do" alcohol.
39. I'm more into caffeinated beverages, do you have any Coke?
40. Sorry, my sinus meds and alcohol don't mix well.
41. I'm not much of a drinker, but I would love a glass of water if you've got one.
42. I'm allergic to the stuff, so I'll just take a pass.
43. No thanks I'm not drinking tonight.
44. Thanks for asking, but I'll get it myself later.

Also:

- Plan with a friend beforehand what each of you will or will not do, stay with the plan, and stick together. The decision to drink less then becomes kind of a team effort.
- Keep a half-filled cup with you, whether you are drinking or not.
- Plan to physically relocate in case you feel you are in an uncomfortable situation.