



The Resistance Skill

Goals of the skill:

- to keep friends
 - to have fun
 - to stay out of trouble
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Steps of the skill (and examples of phrases to use):

- 1. Ask questions.**
(*"What . . .?" "Why . . .?"*)
 - 2. Name the trouble.**
(*"That's . . ."*)
 - 3. State the consequences.**
(*"If I do that, . . ."*)
 - 4. Suggest an alternative.**
(*"Instead why don't we . . ."*)
 - 5. Move it, sell it, and leave the door open.**
(*"If you change your mind ..."*)
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Using the *Resistance Skill* under Pressure:

1. Stay calm.
2. Say the person's name and make eye contact.
3. Say "Listen to me."
4. Pause to see if the person is listening.
5. If the person is listening, then continue to use the skill. If not, then say the person's name and "Listen to me" again.
6. If the person still doesn't listen after two or three times of saying "Listen to me," then leave, saying something like "I'll see you later."