



Coping with Social Pressure in Recovery

- **Description:** A group that focuses on helping clients navigate social situations where they may face pressure to use substances, teaching assertive communication and refusal skills.

- **Instructions:**

- **Introduction (10 minutes):** Discuss the challenges of dealing with social pressure to use substances and the importance of developing strong refusal skills in recovery.

- **Role-Playing Scenarios (30 minutes):** Set up role-playing scenarios where clients practice responding to social pressure. Use props like party invitations or peer pressure cards to make the scenarios realistic.

- **Interactive Activity (20 minutes):** Create a "decision wheel" where clients spin to land on different social situations and must decide how they would respond. Discuss the pros and cons of various responses.

- **Developing a Social Plan (25 minutes):** Guide clients in creating a social plan that includes strategies for avoiding or handling situations where they may encounter social pressure. Provide a template for them to fill out.

- **Reflection and Sharing (15 minutes):** Encourage clients to share their experiences with social pressure and how they plan to apply the skills learned in real-life situations.

- **Facilitator Role:** Educate on social pressure and refusal skills, guide the role-playing and interactive activities, and support the development of social plans.

- **Client Role:** Practice refusal skills in role-playing scenarios, participate in the interactive activity, and create a plan for handling social pressure.