My Comebacks

Choose or write your own, then say them aloud a few times at home (Chapter 12).

The offer	My comeback
"Why aren't you drinking?"	
"Just one."	
"Are you pregnant?" / "Are you ill?"	
"It's boring if you don't drink."	
"The boss is offering and you won't drink?"	

My plan before a party

What, where, with whom	
Plan (no alcohol / maximum standard drinks)	
What I'll hold in my hand	
Someone there who knows my plan	
When I'll leave, and how	
If it gets hard to stick to, I will	