What I'll Say

> *"And let silence be the general rule, or let only what is necessary be said, and in few words."*
>
> Epictetus, Enchiridion 33 (tr. Long)

Keep each line short, friendly and final. Say it once, smile, and change the subject. If someone pushes, a second line is enough; you never owe an explanation. The last column is a reminder of what is private.

WHO	WHAT I WILL SAY	IF THEY PUSH	WHAT I DO NOT OWE THEM
Partner or family			
A friend who drinks			
Boss or colleague			
Someone who keeps pushing			
A stranger offering a drink			
Someone who knew me drinking			

Lines that work for almost anyone

"I'm good with this, thanks." "Not tonight." "I'm driving." "I'm having a break from it." "Honestly, I'm fine."

Circle the one that sounds most like you.

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