

# The secret of refusing to drink alcohol

Here are some small 'tips' that you can cleverly refuse to drink to stay healthy without losing your heart.

The drinking culture has long become a habit of Vietnamese people, from gatherings of friends, signing contracts, all year longs, weddings . However, not everyone likes to drink alcohol, but it is not easy to refuse. before invitations, because then will be considered incompetent, not respect you .

Here are some small 'tips' that you can cleverly refuse to drink to stay healthy without losing your heart.



## 1. Stick 2 salonpas pieces into your temple

If you use this method and your tiredness with a few words of headache complains, then no one will force you to drink alcohol. If necessary, you can apply a little more wind oil.

## 2. Liver enzymes increase / stomach pain

Take a few supplements, drink before and after eating and notice your liver or stomach are having problems.

## 3. Sit away from people who often force others to drink alcohol

Choose to sit next to those who drink less. At that time, you can just avoid a few cups of wine and have time to talk with friends.



#### **4. Ocean east east**

When invited to wine, ask a lot of questions, revise old memories or pretend to have a phone . this can make the opponent happy and can be easily ignored for you.

#### **4. Say you have just drunk**

Another way to refuse to drink when invited is to say that you have had a lot to drink with your friends / brothers and now cannot drink more. So, please excuse me to drink only one cup with everyone.

#### **7. Art of alcohol extraction**

Put a cup of water or iced tea next to you. When drinking alcohol, keep it in your mouth, smile and hold the prepared cup and spit it in gently.

In places with low light such as karaoke bars, an ice tray may be requested. When people are singing, adventure music, stealthily pour beer into it.



## 9. Courageous refusal

The refusal to drink alcohol needs to be very effective in order to achieve efficiency without compromising the invitee.

You can apply some of the following statements.

"For a happy atmosphere, I drink; but in order not to affect my health, I drink a little bit!"

"I still have to drive through this place, there's work there."

"Oil pressure squeeze oil presses who should press beer / wine".

'I have already reached the threshold so I cannot continue drinking.'

'Alcohol cannot be forced. Forced impossibility. Words must die. I also want to spend time with my wife and children. Why are you letting me die? Come on, brother, whoever can drink it, drink it, don't force it. '

'Alcohol cannot be forced. Forced impossibility. After another meal I drank it, today I / I have had enough. '



The male mentality is to take care of their families, not in a glass of wine. The brave man is willing to refuse alcohol and not drunk. No one offers alcohol to your mouth to drink, but only by yourself. Take control of yourself, stop in time before alcohol to stay healthy and avoid the consequences of excessive drinking.

See more:

1. Tips to help you get rid of alcohol quickly and effectively
2. What to eat, drink before drinking to avoid being drunk during Tet holidays?
3. Blushing after drinking alcohol, the hidden sign of a dangerous disease many people don't expect
4. 4 effects of alcohol on the brain that many people do not know
5. 5 simple ways to minimize the impact of alcohol

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