



Role Playing

Role playing is really important as it helps us be prepared for situations that could end up in us using our Addiction of Choice (AOC). This exercise has one person trying to convince the other person that it's okay to enjoy their AOC.

SMART Recovery Role-Play video: <https://youtu.be/i1dya5cOLk>

Role Play #1 (Drinking/Gambling) – My wedding is in Vegas and you are invited. You have are the best person and expected to arrange my party before the wedding and of course I want there to be drinking and gambling involved.

Role Play #2 (Drinking) – We are getting together after work on Friday night at the pub, of course you are coming. I'm the boss and I expect all my employees to be there.

Role Play #3 (Eating) – It's a family dinner and I'm your grandmother and I am insisting you eat more. You know what grandmother's can be like.

Role Play #4 (Gambling) – We are having a game of poker and we are dealing you in. You've always come to poker night and as your best friend I expect you to be their.

Role Play #5 (Substances) – I'm your best friend and I just scored some great substances. We've always partied in the past, come on over.

Role Play #6 (Substances/Alcohol) – This weekend I am having a BBQ and I'm inviting all of my best friends. All the party favours are covered because I just got a big promotion and I know how much you love to party.

Role Play #7 (Sex) – I am hosting a get together for a bunch of swingers that I know. It could get quite interesting, I know you are into that scene so you must come, join in and make it a great party.

Role Play #8 (Shopping) – We are out shopping and I see an outfit that I think looks great for you. You don't tell me you can't afford it and I keep pushing you to buy it because I think it looks so good.

Role Play #9 (Smoking) – I have these new cigarettes that I've purchased while in Mexico, we should meet in the park so you can try... plus we can catch up on life.