

MOTIVATIONAL INTERVIEWING

Strategic Reflections Practice

1. *"This is bullshit, I didn't even do anything."*

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2. *"I told you, I am not on drugs anymore. I know you all are going to find a way to screw me over."*

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3. *"It's easy for you – you don't live my life, you haven't been through the shit I've been through, you have no clue what it's like for me."*

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4. *"I don't have a problem getting along with people, other people have a problem with me."*

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5. *"I don't want medication, I can tell you right now that it is NOT going to help."*

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6. *"I honestly don't know what to do. I've tried everything and nothing I do seems to work."*

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7. *"Don't you understand I need resources now? I can't wait. I don't think you have any idea how scary this is for my family."*

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8. *"I've been trying to stay clean, but I'm sure they're going to say my UA is dirty. I've smoked so much weed that it's always going to be positive. There's no point even trying."*

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9. *"Sometimes I get so tired of everyone on me all the time telling me what to do, I just want to bail. No one cares what I want, they just want to control my life."*

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10. *"I'm so overwhelmed that I don't even know where to start. It is just too much for me right now."*

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