

Turn Questions into Reflections

1. Why aren't you taking your medications?

2. Did you have time to make those calls we talked about?

3. Are you worried about people knowing about your mental health issues?

4. Is this something you are willing to try?

5. Don't you want to get cleaned up, get off the drugs, and get on with your life?

6. Wouldn't you be happier if you had a safe bed to sleep in every night?

7. How do you plan to stay clean if don't want to get treatment?

8. Why is it so hard to just follow through on what you agreed to?

9. Wouldn't you feel better about yourself if you put in more effort towards getting healthy?

10. Do you really like the direction your life is heading?
