Turn Questions into Reflections

Take these as questions that you want to ask a participant, but you are not allowed to actually ask the question – it has to be turned into a strategic reflection. Think about what you are trying to get to with the question, and reframe it as a thought the participant may be having.

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

2. Do you like the way your life is heading?

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

4. Are you even going to try?

5. Do you understand that you have to put in more effort on your part?

6. How do you plan to stay clean if have no desire to get treatment?

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

8. What else do you expect me to do at this point?

9. Aren't you worried at all about the potential consequences for you?

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10. Wouldn't you feel better about yourself if you put in more effort?

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