



MOTIVATIONAL INTERVIEWING

Strategic Reflections Practice

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

2. *"I told you, I am not on meth anymore. I know you're going to find a way to screw me over."*

3. *"It's easy for you, you don't live my life. You don't live my life, you have no clue what it's like for me."*

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

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

6. *"I honestly don't know what to do. I try and try, and nothing I do seems to work."*

7. *"I can't take it, my mom is the crazy one, you guys should be dealing with her f***ed up life."*

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."*

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."*



10. *"I'm not stupid... I know what I need to do. Everyone is freaking out, but I'll deal with it when I have to."*
