

Statement	Resistance Talk	Sustain Talk
1. <i>"Smoking weed just relaxes me."</i>		
2. <i>"You get off on telling people what to do."</i>		
3. <i>"I don't even know if medication will help."</i>		
4. <i>"I'm just tired of all the BS... it's just easier to keep doing what I'm doing."</i>		
5. <i>"You think it's so easy... you go ahead and raise my daughter and I will do your job."</i>		
6. <i>"I'm sure YOU have your opinion of what you think I should do"</i>		
7. <i>"I haven't had the time to get that stuff done this week, I've been busy."</i>		
8. <i>"That cop is a total ass, he just looks for reasons to harass me"</i>		
9. <i>"I keep forgetting to take my meds, but I don't think that's the problem."</i>		
10. <i>"He never listens, I expect to be respected. He is not going to talk to me like I'm a kid."</i>		
11. <i>"I'm not smart enough to get a job like that"</i>		
12. <i>"It's just easier to shut my mouth and not say anything."</i>		
13. <i>"I don't think you even try to help people. I bet you're someone that has always had everything handed to them."</i>		
14. <i>"Are you all are ever going to do something for me that's actually helpful? So far you just make me jump through hoops and waste my time."</i>		
15. <i>"I don't know if I can pull it off. Every time I've tried, everything falls apart."</i>		