



Motivational Interviewing Reflections Practice

1. *“There are so many things to do, I’m not sure where to start. And I’m not sure right now if I can even get it done since I’ve tried in the past and it didn’t work.”*

2. *“It’s easy for you – you don’t live my life, you don’t live with my family, you have no clue what it’s like for me.”*

3. *“You try controlling my daughter, she won’t listen to me.”*

4. *“I don’t have a problem getting along with others at these places! They all are just a bunch of idiots and have a problem with me for some reason.”*

5. *“Everything you keep talking about isn’t easy and stresses me out. I know you are supposed to follow rules and all, but if I’m not smoking the weed then I’m not sure what I’d do since I don’t want to be angry with the family. But I also need some income...”*

6. *“I know I was supposed to show up, but I couldn’t make it since they would give me a d*mn bus pass. It’s not like I have a car to make it there.”*

7. *“I’m at the end of the rope. I’ve tried everything you told me and I still don’t have a job. If those people knew how to do their job, then I’d be hired by now. I can’t afford another month without work. It’s taking a toll on the whole family.”*

8. *“Yeah, I know that employment program is out there, but I want to make sure my kids are safe. Have you heard all the stuff that’s happening out there with babysitters!? I need the income, but I can’t risk them getting hurt.”*

9. *“Sometimes I get so tired of everyone on me all the time telling me what to do, I just want to bail. I really don’t think anyone cares what I want, they just want to control my life.”*
