

MOTIVATIONAL INTERVIEWING

Strategic Reflections Practice

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

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2. *"I told you, I am not on drugs anymore. I know you all are going to find a way to screw me over."*

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3. *"It's easy for you – you don't live my life, you haven't been through the shit I've been through, you have no clue what it's like for me."*

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

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5. *"I have tried everything with my daughter and nothing works with her. I don't know what else to do."*

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6. *"I just wish everything could go back to the way it was before my parents got divorced."*

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7. *"I don't know why they keep trying to change my meds – there's nothing wrong with me and I am not going to take them anyway."*

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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."*

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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."*

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10. *"I don't want to be in this class... I don't even want to be in this school. I don't want to talk to you about it, this is a total waste of time."*

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