

# Motivational Interviewing

## Reflections – practice

1. *“I don’t care what my kids or that doctor is saying, I am fine living at home. I’m perfectly fine right now and nothing you all say will convince me otherwise.”*

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2. *“I am not ready for nursing home apartment – there is no way I’m spending all day around a bunch of old people who are waiting to die.”*

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3. *“I think it is something I would be more willing to consider in a few years. I’ll do a little more research and give you a call when I’ve had a chance to think it over a bit more.”*

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4. *“It feels like I’d be giving up and deciding to go there because I’m ready to die.”*

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5. *“Thank you for the information honey, it seems like a nice place and you guys do good work, but I think retirement communities are for people who need more help than I do.”*

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6. *“My kids are so busy right now and I need to ask them what they think about all this.”*

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7. *“What if the medication doesn’t work? If it makes me shaky I am not taking it.”*

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8. *“I just want my life to be how it used to be.”*

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9. *“I get really nervous around a lot of people, I don’t like the idea of leaving my house.”*

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10. *“She’s my family... I can’t just up and leave her.”*

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