

MOTIVATIONAL INTERVIEWING

Strategic Reflections Practice

1. *“This is bullshit, I didn’t even do anything.”*

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

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.”*

4. *“I don’t have a problem getting along with people, other people have a problem with me.”*

5. *“I have tried everything with my foster daughter and nothing works with her. I don’t know what else to do.”*

6. *“Yeah, I want a family, but they’re not my real parents, they don’t care, they just do it for the money.”*

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.”*

8. *“I’ve been trying to stay clean, but they’re going to say my UA is dirty. I’ve stayed away from the heavy stuff, but I am always going to smoke weed. Seriously, it is legal anyway.”*

9. *“I’m jumping through all these hoops to get my kids back, but it’s hard! That counselor is an idiot and doesn’t even have kids, I’m on a bus for 4 hours a day. I’m tired of this BS.”*

10. *“You try talking to her, she won’t listen to me.”*