

Strategic Reflections

"It's that stupid teacher's fault. I didn't do anything wrong. She doesn't know how to teach and everyone in that class knows it... I've even heard other teachers say it."

Sustain Talk/Empathy

Change Talk/Focusing

"I agree that I probably need that program, and there are some parts of it I am interested in, but don't see why I have to go so many times a week."

Sustain Talk/Empathy

Change Talk/Focusing

"Are you kidding me! That is bullshit. You can kick me out. I'm not going talk to a counselor or go to any stupid classes."

Sustain Talk/Empathy

Change Talk/Focusing

"I'm just tired all the time, I don't want to die, but I just feel like I don't want to be here anymore. Nothing is going to change at this school and nothing in my family will change."

Sustain Talk/Empathy

Change Talk/Focusing

"I'm not super jacked about going to that family counseling thing. My mom and I have tried family counseling before and it didn't work. We just get pissed at each other."

Sustain Talk/Empathy

Change Talk/Focusing