

Strategic Reflections Practice

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

2. *"I told you, I am not on meth 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 shouldn't have even been charged in the first place, and I definitely don't agree with that evaluation and shouldn't even have to go to that class."*

6. *"Do you understand I can't get a job? I have a felony record because of you guys and you keep asking me to pay for things when I don't have job. It's not that hard to figure out."*

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 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."*

9. *"Sometimes I get so tired of everyone on me all the time telling me what to do, I just want to bail. I'm done with people trying to control my life."*

10. *"I'm not stupid... I know what I need to do. Everyone is freaking out, but I'll deal with my life my way."*