

Strategic Reflections Practice

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

2. *"I told you, I'm 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 don't live on the streets, 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 do NOT want medication... I can tell you right now that it is NOT going to help!"*

6. *"I honestly don't know what to do. I've tried everything and nothing I do seems to work."*

7. *"You people don't help, I have been through it all - what are you going to do that's any different?"*

8. *"It's not me, the housing staff are the crazy ones. It's all these f***ed up rules you guys throw on me when you should be dealing with your own f***ed up lives."*

9. *"Sometimes I get so tired of everyone on me all the time telling me what to do, I just want to bail. There's a bridge right over there, I don't want to, but I'm tired trying."*

10. *"I'm so overwhelmed that I don't even know where to start. It is too much for me right now."*

