

## Reflections Practice

Write one (1) REFLECTION of empathy, and one (1) REFLECTION of change talk/values for EACH statement.

***"I do the drugs I need to do to make all this work. Everyone gets on me about it to quit, but they need to just get off me."***

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***"You don't know what I go through. I feel like I'm going nowhere. I would bust my ass every day if I could catch a break, but that is not gonna happen."***

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***"Are you f-ing kidding me? The rules in that housing program are so f-ed up. You say you want me to get housing, but that place is a rules factory and you can't live your life."***

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***"I'm freakin' out a little. I hope you know what you're talking about. If I talk to my PO, I think she might listen. Yeah, I will go ahead and schedule a time to meet with her."***

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***"It's stressful to even think about it... it feels like you're all pushing me. It's something I probably should think about, but I need some space to think."***

***"My kids are everything to me, and I need to do this for them. I don't know how I'm going to manage it all, but I want to figure it out."***

***"I do want to get a job, but it feels like I'm always jumping through hoops and getting nowhere. Everyone is yanking my chain, but I don't think anyone wants to really help me out."***

***"I'm going to do it. That plan makes total sense and I need to get some control over my life. I'll call this afternoon. I can feel my anxiety kicking in, but I have to step up."***