



## MOTIVATIONAL INTERVIEWING

# Strategic Reflections Practice

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

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2. *"I told you, I am not on meth anymore. I know you are going to find a way to screw me over."*

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3. *"I'm done talking, please leave, I told you I am taking my medications ... even though they make me sleep. Go away, every time you take me in they just steal my stuff."*

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4. *"I don't have a problem getting along with people, other people have a problem with me."*

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5. *"I took those pills because I wanted to die, I don't want you to take me to the ER."*

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6. **Bridge jumper:** *"My wife has a restraining order so I can't see my kids. I have no one to spend the holidays with... I'm better off dead."*

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7. *"It's easy for you - you don't live my life, you have no clue what I've been through, you don't know what it's like to be me."*

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8. *"You want me to respect your personal space? You're in my business right now!"*

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9. *"Sometimes I get so tired of everyone on me all the time telling me what to do, I just want to bail. No one cares what I want, they just want to control my life."*

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10. *"All I want to do is smoke my weed. Just go about your business and catch some bad guys, I don't know why you are here bothering me."*

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