

Strategic Reflections

"Smoking weed just relaxes me. I don't know why you keep pushing me to quit. You are so uptight, maybe you should try it sometime."

Empathy

Focus/Change Talk/Guiding

"It's stressful to even think about. I don't know if I agree with you, but it is something I probably should think about."

Empathy

Focus/Change Talk/Guiding

"It freaks me out. I hope you know what you're talking about. I definitely know I could deal with my anger better. Yeah, I will go ahead and call that counselor."

Empathy

Focus/Change Talk/Guiding

"I'm going to do it. I know that inpatient is the only way I'm gonna get clean. I'll call this afternoon. I can feel my anxiety kicking in, but I have to step up."

Empathy

Focus/Change Talk/Guiding