

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. Doesn’t matter what I say, I know you are going to find a way to screw me over.”*

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3. *“They told me I could drink and smoke weed here, as long as I don't get caught by my housemates. You know... as long as I'm not using like meth or heroin.”*

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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 don't like taking those medications...I'm not me when I'm on them.”*

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6. *“Nothing really matters anymore. My life is so screwed right now... seriously, I am so screwed I’m just done... I give up.”*

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7. *“It’s easy for you – you don’t live my life, you don’t know the shit I’ve been through, you don’t know what it’s like to be me.”*

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8. *“But he is sooo sexy, and he can hook me up.”*

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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. *“I’m off probation now so I don’t get what the big deal is if I use.”*

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