

## Reflections – practice

1. *"I don't think you even try to help people, I hope you have to go through what I have to go through some day."*

2. *"I'm too old to learn a new job. Plus, no one would hire me even if I did."*

3. *"I'm lost: my job is gone, I know I'm depressed, I'm in pain and my spouse and doctor are tired of me talking about it, I feel like I'm living a nightmare."*

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

5. *"I'm in too much pain to work right now, and I don't think my doctor would release me even if I didn't hurt so much."*

6. *"How do you expect me to go find a job when I have these? It's not like I wouldn't want to have my life back. I'm tired of everyone around me telling me what is best for me."*

7. *"That's easy for you – you don't live my life, you don't have these issues, you don't know what it is like to be me."*

8. *"Would you just tell me how I can get the benefits I'm supposed to get and stop preaching at me about a job."*

9. *"We wait until they're healed and 100% ready to be back on the job. We don't even deal with it until they are 100% released and ready to go."*

10. *"I honestly don't trust this worker to do the right thing. I don't know if they'll follow the medical restrictions, if they're angling for disability or a lawsuit, and I doubt they'd even show up for light duty work."*