



## 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 don't want any medication, what I use chills me out way more."*

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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. *"Counseling doesn't help, I have been in counseling before, I just need a place to sleep and keep my shit safe."*

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6. *"I'm tired of people sayin 'you gotta do this, you gotta do that.' There's a bridge right over there... I don't wanna do it, but I'm tired or trying."*

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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. *"I don't want you to arrest him, I just want you to scare the shit out of him."*

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9. *"You all have my head stuffed with too many words and this is not helping me."*

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10. *"I've been trying to stay clean, but I'm sure they're going to say my UA is dirty. I've smoked so much weed that it is always going to drop positive. There's no point in even trying."*

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