

## MOTIVATIONAL INTERVIEWING

# Strategic Reflections Practice

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

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2. *"No one helps me, no one gives a shit. I'm so sick, I know I'm dying, and they fuckin' kick me out of the hospital like I'm trespassing."*

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3. *"They're after me, I know it. They play it down so no one knows, but they are after me... I know it. Shit's gonna get really messed up if they ever get ahold of me."*

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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. *"Why would I be honest when you're just going to use it to fuck me over."*

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6. *"It's easy for you – you don't live my life, you haven't been through the shit I've been through, you have no clue what it's like for me."*

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7. *"They're hiding all over here, you can't see them, but they are there. If I come out, they will shoot me, they're afraid of me and want me dead. They know I know their secret."*

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8. *"I've got people sayin 'you gotta be here... you gotta be there...' and I'm tired of it. There's a bridge right over there, I don't wanna do it, but I am done trying."*

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9. *"I'm not stupid... I know what I need to do and have been doing since before you were born. Everyone is freaking out, but I'll deal with my life my way."*

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10. *"Why don't you do your job and leave us alone, we're not hurting anyone. Feel like a tough cop with your gun and your badge going around harassing people."*

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