

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 all are going to find a way to screw me over.”*

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3. *“Just tell me the very minimum I need to do so this shit will disappear.”*

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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 this against me.”*

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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. *“The whole system is set up to f—k me over and control my life.”*

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8. *“I don’t care if I get more charges, I’m done jumping through all your hoops..”*

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9. *“I’m not stupid... I know what I need to do. Everyone is freaking out, but I know how to deal with my life my way.”*

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10. *“All I want to do is get out and move on. But none of you are going to let that happen.”*

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