



## MOTIVATIONAL INTERVIEWING

# Strategic Reflections Practice

1. *“Yes, I do want to go to treatment, but you have to catch me at a time where I’m not so busy... I have things I need to get done.”*

---

---

2. *“I told you I want help with housing, but none of you have done shit for me.”*

---

---

3. *“I don’t want any medication, what I use works better than any medication I’ve been on.”*

---

---

4. *“I don’t have a problem getting along with people, other people have a problem with me.”*

---

---

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

---

---

6. *“I’m tired of people sayin ‘you gotta do this, you gotta do that.’ Just leave me alone! I don’t wanna do it, but there are times where I feel like, fuck it, I’m done.”*

---

---

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.”*

---

---

8. *“I’m tired of jumping through all of these hoops, I’m not your pet dog jumping though all these hoops to get a treat.”*

---

---

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

---

---

10. *“I know I missed my appointment, but I need help right now! I didn’t need help that day, but now I do. Isn’t that your job?? I’m telling you I need help right now and you’re not going to help me?”*

---

---