

## Strategic Reflections

***"Smoking weed just relaxes me. I don't know why you keep pushing me to quit. You are so uptight, maybe you should try it sometime."***

*Empathy*

*Focus/Change Talk/Guiding*

***"It's stressful to even think about. I don't know if I agree with you, but it is something I probably should think about."***

*Empathy*

*Focus/Change Talk/Guiding*

***"It freaks me out. I hope you know what you're talking about. I definitely know I could deal with my anger better. Yeah, I will go ahead and call that counselor."***

*Empathy*

*Focus/Change Talk/Guiding*

***"I'm going to do it. I know that inpatient is the only way I'm gonna get clean. I'll call this afternoon. I can feel my anxiety kicking in, but I have to step up."***

*Empathy*

*Focus/Change Talk/Guiding*