

Reflecting Types of Talk

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

"It freaks me out. I hope you know what you're talking about. I know it's really important to stay on my medications. Yeah, I will go ahead and call this afternoon."

"I'm going to do it. That plan makes total sense and I am so ready to get my life straightened out. I'll call this afternoon. I can feel my anxiety kicking in, but I have to step up."

"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."