



## MOTIVATIONAL INTERVIEWING

# Strategic Reflections Practice

1. *"You have to admit, the whole system is set up to fuck me over and screw with my life."*

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

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3. *"These rules are bullshit! You said it's my apartment, but now you're telling me what I can or can't do???"*

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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 with you when you are just going to use it against me."*

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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."*

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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."*

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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."*

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

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

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