

Motivational Interviewing

Reflections – practice

1. *“Why don’t you just put him on medication or send him to detention, I don’t know why you keep talking to me about it, he’s out of control and no one can deal with him.”*

2. *“I know that he's bad and is abusive, but I just can't leave him.”*

3. *“You try controlling my kid, she won’t listen to me.”*

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

5. *“I don't want to feel this way anymore, but I don't know how to change it. My life sucks.”*

6. *“My mom is the fucked up one, you should be dealing with all her shit. She is crazy and pushes me to do half the shit I do.”*

7. *“It’s easy for you – you don’t live my life, you don’t live with my family, you have no clue what it’s like for me.”*

8. *“It doesn’t matter what I do or what I say, you are all looking for a way to screw me over.”*

9. *“I don’t think you know everything I have to get done. Just because I missed my appointment doesn’t mean I don’t need services. It’s your job to help me.”*

10. *“I am so stressed, and I can't get anyone to help me. I'm so busy with my kids... my partner will never help me. And then no one is calling me back for appointments.”*
