

## MOTIVATIONAL INTERVIEWING

### Reflections – practice

1. "I forgot to do the homework. I didn't really see the point, anyway."  

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2. "We're not doing meds. I don't want my kid drugged just to make them easier to manage."  

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3. "Family therapy just makes everything worse. We fight more after the sessions."  

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4. "Yeah, I want to do therapy — I just keep getting busy or stuff comes up."  

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5. "He says he's a girl now, but I'm not going to encourage something that goes against our values."  

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6. "I don't know why he's addicted to gaming — he must have learned that somewhere else. It's not like I'm on my phone all the time."  

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7. "I'm sober. I only drink a little on weekends. It's not like my kid sees me drunk."  

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8. "I bring him here. That should be enough. I don't know what else you expect from me."  

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9. "I don't want to be in some group with a bunch of random kids. That's not going to help me."  

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10. "She's the one with the problem. Just tell me what to do to fix her."  

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