

MOTIVATIONAL INTERVIEWING
Strategic Reflections Practice

1. *"This is bullshit, I will not pay her that much in spousal support. She hasn't worked a day in 15 years!"*

2. *"He's out dating every woman that will sleep with him. There is no way I'm letting my kids spend the night over there while he's screwing someone in the next room."*

3. *"I was the one who put most of my bonus into that vacation account, and paid for nearly all of the down payment on the house. Don't tell me you contributed equally to everything financially, I don't care how much you make now."*

4. *"I don't have a problem getting along with people, other people have a problem with me."*

5. *"I say we bring the kids in here and let them decide what they want."*

6. *"Nothing really matters anymore. My life is so screwed right now... seriously, I am so screwed I'm just done... I give up."*

7. *"I'm not moving out... I don't care if you are getting the house. It's not yours right this minute, it's ours still, and I am staying. Get an apartment if you don't like it."*

8. *"You don't even feed them dinner, it's either drive through or some crap out of a box. Just drop them off before dinner so I can feed them a real meal."*

9. *"It's not going to happen – I am not busting my ass working as hard as I do so you can sit on your ass the rest of your life and do nothing. It is never going to happen – trust me."*

10. *"I don't even know which end is up and I'm still in shock this is happening."*
