

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 what I need to do to fix it.”*

6. *“Everyone wants me to have a job but I actually just want to be home with my kids. I didn’t become a mom to leave my kids for someone else to raise.”*

7. *“It's the prosecutor’s fault I'm in this situation.”*

8. *“I can’t work with that DCYF social worker, she triggers me and I know she’s trying to screw me over and take my kids..”*

9. *“I don’t think you know everything I have to get done. I didn’t have time for that appointment, but it doesn’t mean I don’t need services. It’s your job to help me.”*

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