

## MI Reflections Practice

Read the statements below and write down three different responses to each item. Each should emphasize a different aspect of the statement.

### **Example:**

*It's been fun, but something has got to give. I just can't go on like this anymore.*

1. You've enjoyed yourself.
  2. You're worried about what might happen.
  3. It's time for a change.
- 

**Harold:** *I know I could do some things differently, but if she would just back off, then the situation would be a whole lot less tense. Then these things wouldn't happen.*

- 1.
- 2.
- 3.

**Kelly:** *I've been depressed lately. I keep trying things other than drinking to help myself feel better, but nothing seems to work except having a couple of drinks.*

- 1.
- 2.
- 3.

**Michelle:** So, I'm not too worried but it's been over a year since I've had an HIV test.

- 1.
- 2.
- 3.

**David:** I know I'm not perfect, but why do they always tell me what to do. I'm not 12 years old!

- 1.
- 2.
- 3.