

Group Exercise #2

(Adapted from Miller & Rollnick, unpublished)

Here are some statements you might hear when talking with a client. In the space below each statement write (1) a motivating response and (2) a non-motivating response. Share your responses in your group. Choose, as a group, the most motivating and the most non-motivating responses for each statement and discuss what makes each either motivating or non-motivating.

- 1. My wife is always nagging me about my drinking, but I don't drink anymore than other people, and I can stop whenever I want. It's not a problem for me.**

(1)

(2)

- 2. That judge can go to hell. He thinks that just because he can send me back to jail, he can say whatever he wants to me. Well, I'll do what I want and he can kiss my ass!**

(1)

(2)

- 3. What's so bad about smoking a little weed? It chills me out. Haven't you ever tried it?**

(1)

(2)

4. The doctor told me to take these medications. I guess they might help me think clearer and take the voices away. But they make me feel like a zombie-like I've got no energy. I really don't like them.

(1)

(2)

5. Well there are times when I've had too much, like the times when I can't remember what happened. And sometimes when I wake up in the morning, I feel really hung over. But I'm not an alcoholic!

(1)

(2)

6. That's all you talk about...my benzos! You don't understand. I just can't handle the stress and I need the energy. You don't care about me.

(1)

(2)

7. I know you want me to go to aftercare when I get out, but I'm gonna be too busy.

(1)

(2)

8. My grandmother smoked 2 packs a day all her life and never got cancer. In fact, she lived to be 87 and was never sick. I think it's all in the genes.

(1)

(2)