

University of New Mexico
Center on Alcoholism, Substance Abuse, and Addictions
Motivational Interviewing: Professional Training Videotape Series, 1998
For details and ordering information, see
<http://motivationalinterview.org/training/miorderform.pdf>

Tape/Part B, Chapter 6, Scene 4 – Examples of exploring pros and cons

Therapist: So John, we've talked some about what's happened, and how you got to be here, and part of that it sounds like has to do with alcohol. I guess what I'd like to know is, what are the things you like about alcohol? What's really good about drinking for you?

Client: You mean like, beer?

Therapist: Yeah, yeah.

Client: Makes me feel good.

Therapist: Uh huh.

Client: Me and my friends, we do it a lot. Hang out – but it's not a problem, 'cause we take care of each other.

Therapist: Right.

Client: You know, we don't drive afterwards. You know, if somebody gets real, you know, real, feeling real good,

Therapist: Right

Client: Just stay there.

Therapist: You don't drive. Good for you.

Client: No, no, no

Therapist: Good for you

Client: We don't drive,

Therapist: So you get feeling real good, and it's something you do with your friends, it's a way of,

Client: Yeah

Therapist: Hanging out with your friends.

Client: Watch the game.

Therapist: Uh huh.

Client: Yeah.

Therapist: So it's something to do while watching the game also.

Client: Yeah, eat some good food, drink some beer, sometimes tequila,

Therapist: Mm hm

Client: But hard liquor we usually save for special occasions.

Therapist: Mm hm. Give me an example of a special occasion.

Client: My buddy's kid got baptized.

Therapist: Mm hm

Client: So he had a party, you know?

Therapist: So at a party like that you, you'd have something hard, some tequila.

Client: Yeah, yeah, might have a little whiskey, a little blackjack, something like that.

Therapist: And what happens on an occasion like that? You drink a little more than usual, a little longer than usual?

Client: No, we drink about the same, we just drink a little more of the hard stuff.

Therapist: Something different.

Client: Yeah, usually beer and then tequila.

Therapist: Mm hm

Client: Whiskey, and I dunno. They do the mixed drinks but I don't like that stuff. Too foofoo.

Therapist: You just like it straight.

Client: Yeah.

Therapist: So beer and straight tequila.

Client: Yeah.

Therapist: It's a way of like, celebrating with your friends, special occasions, regular occasions, games,

Client: Right.

Therapist: Or whatever. And feeling good. What else? What else do you like about beer or tequila?

Client: It just makes me forget stuff, you know. Bad stuff.

Therapist: Mm hm

Client: Problems.

Therapist: Mm hm

Client: And just – feel good.

Therapist: So when bad things have happened, they just kinda go away. You don't think about them.

Client: You know, thinking about work, and problems at work, and then I drink a little bit and I don't think about them anymore.

Therapist: It's gone – it's gone

Client: Yeah.

Therapist: So there's some problems at work that really get to be a hassle for you and that's one of the things you like to forget about.

Client: Yeah, you know, just the daily stuff, you know, little things, like, more work than you can handle, and schedules, stuff like that, you know?

Therapist: Being overloaded.

Client: Yeah, we have to keep a ?? schedule.

Therapist: They expect a lot of you.

Client: Yeah. Yeah, I don't... you can't be late. I work for the UPS people, and they have schedules.

Therapist: You gotta keep them.

Client: Yeah.

Therapist: So by the time you get to the end of the day...

Client: Yeah, but, I don't drink cause of work. I think I drink to have fun.

Therapist: Mm hm

Client: But it just makes me forget that.

Therapist: Which is part of having fun.

Client: Yeah, that's true.

Therapist: It puts that behind you.

Client: Yeah.

Therapist: You can just be there with your friends and enjoy that time and not be thinking about other things.

Client: Oh yeah, sometimes we, you know, play dominos...

Therapist: Mm hm

Client: We dance, sometimes...

Therapist: Mm hm

Client: Tell stories...

Therapist: It's a part of life for you.

Client: Yeah, it just,

Therapist: It's an important part of life.

Client: Yeah.

Therapist: Yeah. And what's the other side, what are the not-so-good things about beer or tequila for you? How has that sometimes not gone well?

[laughs] Hangover!

Therapist: The next morning.

Client: Yeah,

Therapist: Not feeling so well.

Client: Sometimes... You know, that's the bad stuff, yeah. And what happened, you know, that wasn't... we were having a good time. My tías were there. They got a big mouth.

Therapist: Mm hm.

Client: One of them said something so I hit her.

Therapist: Mm hm.

Client: They said I hit her with my fist but I don't think so. I think I just...

Therapist: You hit her.

Client: Yeah, you know, they called the cops.

Therapist: Is that something you think might have happened even if you hadn't been drinking? Or do you think that really had to do with the alcohol?

Client: Nah, I think I just got a little crazy.

Therapist: Mm hm

Client: I think it was, you know, just lost control for a minute. But it don't happen too often.

Therapist: Yeah.

Client: It don't.

Therapist: Just sometimes.

Client: Just... I can't remember another time... One time they said I took off my clothes, but I don't...

Therapist: But you don't remember that time.

Client: No, I just, I woke up, I was in the house. I was in the bed. I didn't have on no clothes, but I don't remember taking them off outside. They said I took them off and ran down the street.

Therapist: That was another wild and crazy time.

Client: Well, I don't, I don't remember.

Therapist: But you don't remember it... so the not-so-good things include not feeling great in the morning, being hung over,

Client: Yeah.

Therapist: Doing crazy things now and then, not that often,

Client: Yeah

Therapist: And not remembering sometimes what happened to you.

Client: Yeah, I guess that's true.