

**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 C, Chapter 2, Scenes 2, 4, and 6 – Examples of reflective responses**

1.

Therapist: Your physician asked me just to sit and talk with you for a few minutes about smoking. I don't know too much about your exchange just now but I gather that he was concerned about your blood pressure.

Client: Yes, well, you know, I do smoke a bit but, I can't possibly give up now, I mean, I don't smoke that much, you know, I don't think that, it should be a cause for concern. He worries a lot, I think.

Therapist: And from your perspective there's no reason at all to be concerned about smoking in your case.

2.

Client: I know that I probably should stop, but it's, it helps me, I can't imagine what it would be like without cigarettes, it, I would just be a nervous wreck. I don't think I could be without them entirely, perhaps I could stop, cut down a bit, you know?

Therapist: So you do see maybe some reason for concern, or it would be nice in some ways to cut down, it's the difficulty of doing that that troubles you.

Client: Yes.

3.

Client: You know, if I have high blood pressure, perhaps I could take some pills to reduce the pressure, you know, I mean, I have friends who take blood pressure pills and they seem fine, so I would be willing to take pills.

Therapist: This really is important to you, this smoking. You're willing to have some cough, to have some chest pain, to take medications that have side effects to bring down the blood pressure, to be able to keep on smoking. It's very powerful.