

Reflection Worksheet: Create reflections that support rapport building and identify values/motivation to change

Target Behavior: Drinking
1 "I'm not sure I'm concerned about it, but I do wonder sometimes if I'm drinking too much."
2 "It's not like it's really serious, but sometimes when I wake up in the morning I feel really awful, and I can't think straight most of the morning."
3 "Yeah—even when I'm not drinking, sometimes I mix things up, and I wonder about that."
4 "I wonder, maybe, if alcohol's pickling my brain, or something."
5 "But I don't think I'm an alcoholic or anything."