

## **MOTIVATIONAL INTERVIEWING VIGNETTES**

**STEVE:** Although Steve has been sent to your agency for substance abuse treatment, he says he feels hopeless about his drinking. After all, both of his parents were alcoholics and he says he knows that this is a disease passed along from parents to children. Since his mother died of liver failure and his father gets drunk the first thing every day, Steve sees no hope for himself. He says he's tired of professionals telling him that he can change when he knows he can't, and he's tired of people acting nice and hopeful for him when it is just a set up for him to feel more frustrated later, which ends up making him drink more.

**DANIEL:** Daniel has been abstinent for the past 10 days. He has mostly stayed at home and slept, but he went to A.A. a few times. He is proud of himself for stopping, but feels like he has to find more options because he is beginning to feel bored. He would like help learning more about what he can do to stay abstinent.

**MARGARET:** Margaret is considering cutting back on her pot smoking. She doesn't feel like it's a problem, but believes she needs to cut back because she has recently taken a job that requires her to do a considerable amount of public speaking, and she perceives that her public speaking is a lot better when she hasn't been smoking a lot of pot. On the other hand, she wonders if it might be the late nights out with friends, not the pot smoking, that causes her to feel she is not as good a speaker as she could be.

**TOBY:** Toby has been drinking a considerable (4-5 times per week) amount of alcohol during the last six months and his friends have noticed that he is having personality and mood changes. They have tried to talk to him about their concerns, but he continues to defend his behavior and assures them he does not have a problem.

**CHERYL:** Cheryl successfully completed a substance abuse one month ago. She is attending self-help meetings and has a sponsor. She wants to make sure that she does not relapse, and is exploring ways to maintain long-term sobriety.

**TAWANA:** Tawana says she's been thinking a lot about her crack cocaine use lately. She has never felt anything as great, not even sex, but she feels like things have gotten somewhat out of control. She has been trying to quit for the past two months, but she has given up due to repeated failures. She has come to you "in a last ditch effort" to quit. She doesn't know what to do, every time she quits she feels great for about a week, but then feels too overwhelmed or depressed and goes out to get high again.

**SHARON**: Sharon has been concerned about her alcohol and drug use for the past eight months. She called a counseling center in her community, and made an appointment to talk to a counselor about her options. She also called AA and NA and requested information about self-help meetings.

**JOHN**: John has been in treatment before and was able to stay sober for about six months; he recently relapsed for about five days. He called his sponsor and immediately attended self-help. He also called his old counselor for an appointment so he can get back in the substance abuse program that he attended in the past.