

Reflection Practice

You are meeting with a 45-year-old woman with alcohol use disorder and a recent diagnosis of alcohol-related liver disease. You plan to understand more about her history, and if she's open to it, discuss treatment options. Below are some of the things that she says during your conversation. Below each statement write a simple reflection and then a complex reflection.

1. *Something has got to give. I just can't go on like this anymore.*

Simple reflection:

Complex reflection:

2. *Honestly, I wish people would stop asking me the same questions over and over again. Don't you people read the chart?*

Simple reflection:

Complex reflection:

3. *I am hoping that my liver won't get so bad that I'll need a transplant.*

Simple reflection:

Complex reflection:

4. *I've been depressed lately. I keep trying things to help feel better, but nothing seems to work except having a couple of drinks.*

Simple reflection:

Complex reflection:

5. *I've tried to stop drinking before. I had some success when I was going to AA for a year, and I even had a sponsor.*

Simple reflection:

Complex reflection:
