EXERCISE ON LISTENING REFLECTIVELY

CLINICIAN : What else concerns you about your drinking?

CLIENT : Well ,I’m not sure I’m concerned about it, but I do wonder sometimes if I’m drinking too much.

CLINICIAN : Too much for...?

CLIENT : For my own good, I guess. I mean 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.

CLINICIAN : It messes up your thinking, your concentration.

CLIENT : Yes, and sometimes I have trouble remembering things.

CLINICIAN : And you wonder if that might be because you’re drinking too much?

CLIENT : Well, I know it is sometimes.

CLINICIAN : You’re pretty sure about that. But maybe there’s more...

CLIENT : Yeah, even when I’m not drinking, sometimes I mix things up, and I wonder about that.

CLINICIAN : Wonder if...?

CLIENT : If alcohol’s pickling my brain, I guess.

CLINICIAN : You think that can happen to people, maybe to you.

CLIENT : Well, can’t it? I’ve heard that alcohol kills brain cells.

CLINICIAN : Um-hmm. I can see why that would worry you.

CLIENT : But I don’t think I’m an alcoholic or anything.

CLINICIAN : You don’t think you’re that bad off, but you do wonder if maybe you’re overdoing it and damaging yourself in the process.

CLIENT : Yeah.

CLINICIAN : Kind of a scary thought. What else worries you?