[00:00:00] Is a part of you debate whether or not you'd ever want to quit using drugs. Okay. Mine was, uh, you're trying to figure out what's the type of life you want for your future. Mine was getting back to your life without drugs has been on your mind. Perfect. My thinking with this. Uh, my natural tendency is to start with words like there's part of you, or there's a little bit that was thinking about, so this one specifically, when I wanted to ask the question, well, don't, you want to get off drugs don't you wanna get cleaned up is to tap into that one part of their ambivalence.

So that's why when I tend to start with a part of you, I didn't want to see what is the ambivalence exist. And so I was thinking part of your debates, whether or not you'd ever want to quit using hoping that that would generate well, yeah, there are times that I think that I do want to quit. Um, so that was kind of my strategy whenever.

Here's more values-based in C. Yeah. I was trying to really [00:01:00] tap into this essence of what type of future they want for themselves. And so doing that in a statement form is what I was going for. I was trying to focus on you are trying. To figure out not you are having difficulty with and being change, oriented, and values, future oriented, um, getting out of the here and the now to think about their future and see, is there a different kind of a future they want?

If so we could see them a little bit more like comments like you're doing, how did drugs play in with that or not? Nice. Well, um, you guys clearly have been doing M I a lot longer than I, so my strategy wasn't as in-depth except it was just trying to go, okay. Clearly we want to ask about getting off the drugs and getting back to their life.

So I was like, how do I just focus on getting back to her life with a hint of giving up drugs? So that's how I formulated my statement, which is hope is short. Sweet. Yup. Sometimes [00:02:00] I'm learning shorter can be better and sweeter and more potent and powerful. Yes. Well, and it makes sense. Sorry, I'm just going to get into this.

It makes sense too. Cause it's less words for them to process. Cause I always think of that too. In my old role in sales and times, have you used so much words, they're processing all of the stuff that you're saying versus if you just keep it simple and short and as long as we're talking about that, the thing that I think of when you say.

The more we talk, the more we break that spell of the beat in their reality and the more they have to listen to us, go on and on and on which means they're starting to shift out of their worldview and have to shift into all the things we're talking about, which is different than just kind of illuminated their bread.

Right. Doesn't mean it always has to be short and succinct, but yeah. All right. So what did you put for number two?

All right. Mine was, there are times you wish your life was a little more on track or [00:03:00] does, uh, you're feeling, uh, like if life keeps going the way it's headed, that you'd be fulfilled with that. And really don't want any more for yourself. Mine is sometimes you wonder about the direction your life is heading.

Perfect.