

告诉我我的问题是什么，我该怎么做。
Tell me what my problem is and what I should do.



Client



Therapist

我理解你现在很急切想要一个明确的答案，这很正常。或许我们可以先一起定一个小目标，试着做一次简单的尝试，你觉得怎么样？
I understand that you are very eager to get a clear answer right now—that's perfectly normal.
Perhaps we could start by setting a small goal together and trying out a simple experiment? How does that sound?