

你宁愿激我、惹我生气、让我.....可事实是，我正好一点也不生气。

You'd rather provoke me, make me angry, or—well... but the truth is, I'm actually not angry at all.



Client



Therapist

你刚才说你不生气，但我看到你好像还有些难受。能不能跟我说说，当你听到那句话的时候，脑子里第一个闪过的想法是什么呢？

You just said you weren't angry, but you still seem a bit upset to me. Could you tell me—what was the very first thought that flashed through your mind when you heard that remark?