



Therapist

你觉得今天这次聊下来，心里有什么想法或者感受呢？完全没关系，慢慢说就好。

How are you feeling after our conversation today? Do you have any thoughts or feelings on your mind? It's completely okay—just take your time and share whatever comes to you.

我觉得你说的练习挺好的，我愿意试试做深呼吸和写下来，但老实说，想到这些还是会害怕，有点担心自己做不好。

I'll give the deep breathing and journaling a try, but the thought of doing them still scares me a bit—I'm a little afraid that I won't do them right.



Client



Therapist

你已经迈出了重要的一步，愿意去面对这些感受，真的很棒。做得好，也别太苛刻自己，我们慢慢来。期待下次再聊，再见！

You've already taken a significant step forward just by being willing to face these feelings—that is truly wonderful. You're doing great; try not to be too hard on yourself. We'll take things one step at a time. I look forward to talking with you again next time. Goodbye!