



Therapist

感觉放松的时候又怕事情失控让你很矛盾。我们可以先想想，今天有什么小事是你觉得可以尝试放手，让自己稍微喘口气的？

You feel relaxed but are afraid things might get out of control, which makes you feel conflicted. We can first think about what small things today you feel you can try to let go of, allowing yourself to take a little breather.

我...唔，还是觉得放手挺难的。就怕弟弟不听，家里会乱套，我总感觉有人撑着，但这样我好累。

I... um, I still find it quite hard to let go. I'm just afraid that if my younger brother doesn't listen, the household will fall into chaos. I always feel like there should be someone supporting me, but this way, I am really tired.



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我看到你脸上带着笑，这感觉挺好。咱们刚刚的目标清单，你觉得这周愿不愿意试着做几个小尝试？

I see a smile on your face, and it feels pretty good. Regarding the goal list we just talked about, do you feel like trying a few small experiments this week?



Client