

你根本不了解我。

You don't understand me at all.



Client



Therapist

抱歉，我能感受到你很生气。你能不能跟我说说，在那一刻，脑海里第一个跳出来的想法是什么？

I'm sorry—I can sense that you're very angry. Could you tell me: in that moment, what was the very first thought that popped into your head?