



Therapist

能不能试着用我们这张图，把刚才你描述的“怕找不到工作”这个问题，自己梳理一下当时的情况、想法和感受，看看它们是怎么相互影响的？

Can you try using this diagram of ours to organize the situation, thoughts, and feelings around the issue you just described as 'being afraid of not finding a job', and see how they influence each other?

我试着用图里说的方法想想那个当时的情境和想法，感觉就是一边想“不会有好的工作了”，一边又怕自己不够好，结果情绪特别紧张，计划没做好。

I tried applying the method shown in the diagram to reflect on that situation and my thoughts back then. It felt like I was simultaneously thinking, "I'll never find a good job," while also being afraid that I wasn't good enough myself; as a result, I became incredibly anxious, and my planning suffered.



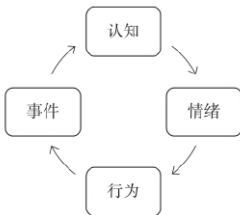
Client

你刚刚用这个环形图来梳理自己的情况，真的让我挺惊讶，也很佩服你的细致和坚持。能够这样清晰地看见自己想法和感受之间的关系，说明你在这方面进步很大。我们可以继续用这个方法，一步步更清楚地理解自己，好吗？

I was truly surprised—and deeply impressed—by the way you just used this circular model to sort through your own situation; your thoroughness and persistence are admirable. Being able to see the relationship between your thoughts and feelings so clearly demonstrates that you've made significant progress in this area. Shall we continue using this method to gain an even clearer, step-by-step understanding of yourself?



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Circular Model