SEEKER'S PROBLEM:

I have been feeling quite overwhelmed and immobilized recently.

Last week, it got to the point where I just couldn't take it anymore

due to an injury that was going to put me out.

COUNSELOR'S REFLECTION (ground truth):

You've been struggling with feeling overwhelmed to the point of immobilization. You are carrying a heavy emotional and physical burden right now that's making it difficult for you to function.







