RealPsvDial I have enough time. 好的,谢谢你的信任。你好, 我们的咨询是遵循保密等咨询伦理, 请你放心交流, 如 果你觉得可以的话, 我么就开始今天的咨询吧~ Great, thank you for your trust. Our consultation follows confidentiality and other ethical guidelines, so please feel free to share. If you're ready, we can begin today's session. Should I start by talking about my issues? 嗯嗯, 你可以说说今天想聊点什么呢 Yes, you can start by sharing what you'd like to discuss today. 想聊聊个人成长, 辞职一个多月, 没有找到工作, 跟工作相关的课程报名第二个了, 买了相 关的书籍和线上课,感觉自己总是把希望寄托在别处,能力不够好,不够专业,那我就去报 部分原因,如果我工作特别努力,特别积极,特别让领导看到,也不会有这样的局面 I want to talk about personal growth. I've been unemployed for over a month and haven't found a job. I've enrolled in two courses related to my field, bought related books, and taken online classes... 嗯嗯,感觉起来是在找工作的事情上遇到了困难哦。之前离职是因为在团队没有存在感,再加 上这段时间报课想提升能力,但是好像并没有如愿以偿,你感觉到对自己的自责和失望是吗 It sounds like you're facing difficulties in your job search. You left your last job because you felt invisible in the team, and now you've been taking courses to improve your skills, but it hasn't worked out as you hoped. You're feeling self-blame and disappointment, is that right?

你好! 很高兴你来到这里。最近有什么想要聊聊或者用 Hello! I'm alad you're here. Is there anything on your mind recently that you'd like to talk about or something that's been bothering you? Well, I feel really conflicted, like nothing I do is right, you know? I just have this overwhelming sense of self-doubt.

' 听起来你对自己很严厉,能分享一些具体发生了 什么事让你有这样的感受吗? It sounds like you're being really hard on yourself. Can you share more about what's been happening that's making you feel this way?

I've always felt a lack of love since I was young. My parents were busy with work and didn't really pay much attention to me. Now, it seems like I'm constantly craving love and security, but I feel like

种对爱和安全感的追求,对你现在的生活有什么具体的影响呢?

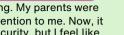
Feeling a lack of love can deeply affect how you see yourself. How do

you think this pursuit of love and security is affecting your life now?

it's become an unhealthy obsession. 感受到缺乏关爱可能会对你的自我认知产生深远的影响。你觉得这







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