

## *Therapy is.*

by Hannah Searsy

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A Treatment intended to heal or relieve a disorder  
A place you go to avoid dealing with your disorder

A Treatment of mental or psychological disorders by  
psychological means  
A hamster wheel for the overactive gerbils running around in your brain

The attempted remediation of a mental health problem  
A place all your friends commend you for going to, then later pretend  
they didn't

An important part of treatment for PTSD and depression  
An expense your health insurance company doesn't cover

Not just for the middle class  
Not usually available for the people who need it the most

A way to develop healthy coping skills  
A way to learn when and where it is appropriate to cry in public

A place you go to when you have low self esteem  
A place where you learn how to pop those hateful thought bubbles  
that pop up in your mind at inopportune times.

A way to help decrease your anxieties  
A way to create new anxieties you never knew you had

A place where you learn to deal with thoughts, feelings, past behavior  
and emotional disturbances

A way to avoid community service

An essential part of drug abuse treatment for many people

The only place you can tell an authority figure about your drug use  
and not go directly to jail

A place to get a diagnosis

150 dollars an hour

When a person speaks with a trained therapist

When you tell a total stranger your most intimate thoughts  
and darkest secrets. (You should probably kill them.)

A personal space that can help you cope with and  
resolve childhood traumas

A space where you get to bitch about your parents and how  
they fucked you up and someone has to listen.

A way to foster positive self-improvement

A place where you go inside a room with of your all past selves  
and a gun and see who comes out alive

A safe and comfortable space

A place that rarely has a couch

Somewhere to get a new lease on life

File thirteen

Part of a program that will help you quit smoking

A place where you can pick up smoking

More effective than talking to your friends

Worse than talking to your friends

Only the work you put into it

A thing you don't ever want to do the work for

The only place where you don't feel like you're crazy  
The only place that makes you realize that you're crazy

A way to move on  
A thing that helps you face the shit in your mind  
that goes bump in the night

A place you don't make it out of alive  
A place that teaches you how to make it worth staying alive.

A place that destroys your ass  
A place that saves your ass.

*"If I was going to kill myself I would tell you  
You're only young once but you can't be immature forever."  
Jimmy Urine, Mindless Self Indulgence*