

Ask Dr. K®: Writings For Your Mental Health

A HAPPY MERRY CHRISTMAS LETTER

Dear Dr. K.,

Can you recommend something that will help me cope with my receiving those very long 'additions' to Christmas cards where people go on and on for pages writing about every aspect of their lives. I'm happy to hear that things are going well for people, but using a Christmas greeting to ramble on in such self-indulgence really cooks my goose.

Ebenezer S., London

Dear Ebenezer,

To get in the 'spirit', I have put together a "Holiday Letter" you can use and send off to anyone you care to torture, in a Christmas sort of way of course.

The letter is written as though you have four in the family (Mom, Dad, and the two children, a boy and a girl). Just put names from your family in where indicated and, like the magic of Christmas, any inadequacy you are feeling will disappear.

Dr. K.

Just copy this:

A Very Merry Christmas from the (Put in your family name).

Dear Friends,

Our family is brimming with the peace and joy of the season and hope we can bring some happiness to you. Mom has taken over the Mother Theresa U.S.A. operation and continues to work in various soup kitchens throughout the country each day. Mom got her pilot's license this year so she could fly to various soup kitchens and prepare meals. Mom grows all of her own vegetables on a 5,234 1/8 acre farm which she tends solely herself with just a hoe and watering can made out of recycled Tupperware. After gathering the vegetables she needs, Mom loads them by hand onto her C-140 cargo plane and heads off to prepare meals for up to 5,003.35 people. Once airborne, Mom puts on the autopilot and frequently begins to knit articles of clothing like toaster covers, warm-up suits and thong underwear for those less fortunate than she is. Once she lands, Mom unloads her cargo and then cooks up a storm preparing meals like gruel or a fruitcake.

Mom also raises 5 million of her own special species of chickens on another 2,347 1/3 acre farm. She is planning on plucking every one of those suckers and making a fabulous soup that she will freeze and send to those in our armed forces overseas. You may have heard that the Pope, the Archbishop of Canterbury and the Dalai Lama have each praised Mom's in letters to their local papers.

Dad continues to keep physically, emotionally and spiritually fit. Dad recently formed the first All-Florida-Around-The House-Olympiad. Events will include a riding mower competition, termite detecting and spraying contests, tandem swamp-buggy races, a pool-cleaning free-for-all along with

Dr. K is Stan Kapuchinski, M.D., a board-certified psychiatrist still practicing in Punta Gorda, FL. For an appointment or if you have questions, please email him at DrK@StopYourMisery.com. Dr. K.'s book, *Say Goodbye To Your PDI (Personality Disordered Individual), Recognize People Who Make You Miserable and Eliminate Them From Your Life for Good!* is available at Amazon.com, Barnes & Noble Booksellers, and HCI Books. Visit his website: www.StopYourMisery.com

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song writing competition about fire ants. Those showing the biggest fire ant bite will gain extra points. Those showing the biggest fire ant bites will also earn extra 'stupid' points. Dad continues to raise armadillos in an area behind our home. He harvests their external body armor and makes whimsical hand-painted hanging planters for charity.

Our daughter has been named, for the fourth time, to lead the Christmas pageant and tree lighting in Washington, D.C. She was chosen from 3,127 1/3 applicants who competed in skills such as tinsel congeniality, unraveling twisted up Christmas lights, pine tree appeal and the ability to work electrical switches. Daughter has made two million pinecone people with smiley faces that she will donate to various children's organizations.

Our son, (son's name), is presently building a non-denominational cathedral on the shores of Key West, Florida. When he waded ashore there after winning the Bermuda to Key West one-armed race, son decided to build the cathedral in thanksgiving to his good fortune. The building will be made entirely from seashells that son has collected from that area. Son arises each morning to work on his project that will be complete in 2054. He eats only coconut milk and one stuffed cabbage a day.

We are planning on being together for Christmas and are expecting Angelina Jolie & Brad, the Pope, Ben & Jerry, Donald Trump (and the Trumpette Singers who are always good for a song) and Martha Stewart to stop by. Please feel free to drop in if you are bored where you are.

Happy Holidays!

The (Your family name)