

CLAUSTROPHOBIA

(a hypothetical conversation with my psychologist)

Me: Hy doc.

Doc: Hy joey, what can I help you with today?

Me: Well, I'm having trouble sleeping....I mean... I fall asleep easily but I wake up at 2 or 3 and can't get back to sleep.

Doc: So what do you do?

Me: I get up and start writing.

Doc: And how is the writing going?

Me: It's going great. I just came out with another book. I sold 4 copies and gave away 6.

Doc: That's not really a break even situation is it?

Me: No it's not but I don't expect to make money on this one. I did on the last one and was disappointed when I didn't. I'm so happy with this one I want to give it away.

Doc: Are you still drinking coffee?

Me: Ya but I've cut back from 6 cups a day to 4.

Doc: That's still quite a bit.

Me: Well it is but I think the chocolate I eat has more to do with my insomnia than the coffee.

Doc: So if I'm hearing you right.....you can't sleep but that is actually the time when you are creative and can put your thoughts down on paper so to speak.

Me: That's right.

Doc: Are you comfortable with that process?

Me: I am. You see, when it's dark in the apartment I don't notice all the junk and clutter and there's no traffic noise.

Doc: Let's talk about the clutter.

Me: Well....I seem to write better when I'm uncomfortable. I used to go to the ocean to clear my head but now there's a cargo ship that's on fire. Containers are washing up on the shore. I hear there are two fisherman who are selling flat screens off their boat. I guess it's finders keepers when it comes to salvage rights. I feel happy for them 'cause fishing has been so bad this year but everywhere I go I see junk.

Doc: There seems to be a recurring theme of you being surrounded by too much stuff, not just at home but outdoors as well.

Me: I think the planet is too crowded. Look at all the ships that are waiting to unload their cargo. How much stuff do we need?

Doc: How much stuff do you need?

Me: Hmm, now you got me thinking doc. How much stuff do I need? I guess I would have to say....a lot less than what I have.

Doc: We're coming to the end of our time, is there anything else you would like to talk about?

Me: I guess not. Thanks again, it's always good talking with you.

Doc: Ok Joey. You might want to consider cutting back on your coffee and chocolate intake.

Me: Ok doc, I'll give that some thought.