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A Collection of Proverbs and Commonplaces Remixed to Depotentiate Their Potentially Damaging After-Effects

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A COLLECTION OF PROVERBS AND COMMON-
PLACES REMIXED TO DEPOTENTIATE THEIR
POTENTIALLY DAMAGING AFTER-EFFECTS

Instructions for reading:

As with the “flooding” technique in the treatment of post-traumatic stress disorder (PTSD) or a simple phobia, read through the sections below as able. If you heard these proverbs or expressions repeated, as a child or in school, and they still make you nervous today, you might benefit from this desensitization exercise.

Begin by reading the randomly scrambled text out loud at a steady pace. Repeat as many times as necessary and then at greater speed, until the saying or proverb has lost its power to evoke shame, guilt or anxiety. Remember being a child and repeating a tongue-twister until it just turned into gibberish or you were laughing so hard you couldn't talk? That is what we want to accomplish with this technique. Use with any other sayings or words from the past that continue to have a negative effect on you.

SHE WAS BAD, SHE WAS HORRID

Was when she good horrid,
but bad when when she,
very was when good bad, indeed!

She was she was very
very was but when she
good horrid bad was very when.

Good was she horrid,
indeed when was
was bad she very but she she.

When when was good,
bad but good, very
horrid very indeed, very

horrid, was she, bad
was she, when but
indeed very good was she,

good was she when
indeed very was.

AND, BUT!!

No ifs ands or buts —
and ifs, no buts!
Ands, buts: no: Or....
Or no. If and but.
But, and, and! Or, if no — No.

SUGAR 'N SPICE 'N EVERYTHING NICE

That's nice what girls are little made and
sugar little what and nice spice
are of 'n little nice that's what
everything girls made sugar nice
little of spice 'n what sugar that
girls nice that's little made and what
spice 'n everything sugar are of
of made are girls little what that's
nice everything and spice 'n sugar
that's nice what everything little
and girls spice are 'n made sugar of
what and everything spice that's made.

"A ROSE IS A ROSE IS A ROSE." (GERTRUDE STEIN)

A is a rose is rose is is a rose a is a a a rose is is
rose is rose rose a is rose is a is rose is a
is rose rose rose a a is is a a rose a is rose a
rose a is rose a is rose is a is is a rose a is rose is
is rose a is a rose a a is is a is rose is rose rose is a rose
a rose is a rose a a is is a a rose rose rose is
a is rose is a is rose is a rose rose is rose
is is rose a a a is a rose a is is rose is rose is a.