Cognitive-Behavioral Therapy

poetry by Tao Lin
1.
i will learn how to love a person and then i will teach you and then we will know  
today is tuesday; email me on saturday  
eleven page poem, page one  
eleven page poem, page two  
eleven page poem, page three  
eleven page poem, page four  
eleven page poem, page five

2.
eleven page poem, page six  
eleven page poem, page seven  
eleven page poem, page eight  
eleven page poem, page nine  
eleven page poem, page ten  
eleven page poem, page eleven  
that was bad; i shouldn’t have done that  
are you okay?  
-  
-
the power of ethical reasoning 44
a stoic philosophy based on the scientific fact that our
   thoughts cause our feelings and behaviors 46
room night 49
i know at all times that in four hours i will feel completely
different 54

3.
hamsters are heads with little characteristics on the head,
   part one 58
hamsters are heads with little characteristics on the head,
   part two 59
hamsters are heads with little characteristics on the head,
   part three 60
hamsters are heads with little characteristics on the head,

part four 61

- 62
- 63
- 64
- 65
- 66

when i leave this place 67
ugly fish poem, part one 68
ugly fish poem, part two 73
giant poem, one of twenty-four 76
two of twenty-four 77
three of twenty-four 78
four of twenty-four 79
five of twenty-four 80
six of twenty-four 81

4.

seven of twenty-four 84
eight of twenty-four 85
nine of twenty-four 86
ten of twenty-four 87
eleven of twenty-four 88

twelve of twenty-four 89

thirteen of twenty-four 90

fourteen of twenty-four 91

fifteen of twenty-four 92

sixteen of twenty-four 93

seventeen of twenty-four 94

eighteen of twenty-four 95

nineteen of twenty-four 96

twenty of twenty-four 97

twenty-one of twenty-four 98

twenty-two of twenty-four 99

twenty-three of twenty-four 100

twenty-four of twenty-four, completion 101