

# **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 **14**

today is tuesday; email me on saturday **16**

eleven page poem, page one **17**

eleven page poem, page two **18**

eleven page poem, page three **19**

eleven page poem, page four **20**

eleven page poem, page five **21**

## **2.**

eleven page poem, page six **24**

eleven page poem, page seven **25**

eleven page poem, page eight **26**

eleven page poem, page nine **27**

eleven page poem, page ten **28**

eleven page poem, page eleven **29**

that was bad; i shouldn't have done that **30**

are you okay? **31**

- **34**

- **35**

- 36
- 37
- 38
- 39
- 40
- 41
- 42
- 43

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                  | <b>88</b>  |
| twelve of twenty-four                  | <b>89</b>  |
| thirteen of twenty-four                | <b>90</b>  |
| fourteen of twenty-four                | <b>91</b>  |
| <i>fifteen of twenty-four</i>          | <b>92</b>  |
| sixteen of twenty-four                 | <b>93</b>  |
| seventeen of twenty-four               | <b>94</b>  |
| eighteen of twenty-four                | <b>95</b>  |
| nineteen of twenty-four                | <b>96</b>  |
| twenty of twenty-four                  | <b>97</b>  |
| twenty-one of twenty-four              | <b>98</b>  |
| twenty-two of twenty-four              | <b>99</b>  |
| twenty-three of twenty-four            | <b>100</b> |
| twenty-four of twenty-four, completion | <b>101</b> |