

## THE "PRESSIONS' SU - RE - DE - OP

### Sup-pression

That is burying the body in the backyard, planting grass and some shrubs over the spot, but the grass is a little greener there. You and everybody else, presumably, know it is there, but one just doesn't discuss it.

### Re-pression

That is burying the body in the backyard, laying a thick concrete pad over the whole yard, building a two car garage with a mother-in-law apartment over it, selling the property and moving away, leaving no forwarding address. It is completely out of mind, But there is leakage because parts of the repressed material begin to emerge in the form of slips of the tongue or dreams.

### De-pression

This is burying yourself in the backyard, so deeply that you do not have to feel something that it is totally unacceptable to feel. Depression usually covers unacceptable anger. In depression one doesn't feel much of anything, but at least the intolerable thing is not being felt.

### Op-pression

That is digging up the dirt and trash in your own backyard, shoveling it all over your neighbor's lot and then telling everyone how hard it is for you to live with such inherently trashy neighbors. Or organizing the neighborhood vigilantes to help you drive the victim of away.

from an unpublished draft by Sherman Kingsbury, a friend and Mentor



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.