

**may/be**

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for RRW, SCB,  
and, always, AWH

\* a duși/e-chap  
[www.dusie.org](http://www.dusie.org)



*I am not perfect*

*let that be your mantra*

sit in an office  
small off-white room  
view of heavy branches  
unripe plums—so much green  
outside, inside brown  
leather couch, Japanese  
throw-pillows, books  
and shelves, computer and et cetera,  
chair, a corner desk, one  
little little dog, and this  
guy, alternately laughing  
and serious, comedy & tragedy—  
drama—but not exactly,  
no, not quite

Try to avoid mind-reading  
and interpretation of facts.

p. 70

0-100%

Describe. Rate. Circle. Write.

Ask help discover evidence.

Ask. Write. Rate.

Copy the feelings from Column 2.

Rerate. Intensity, 0 to 100%.

New records.

I am a plum tree.  
I am out the window.  
I am a green fruit waiting to ripen.  
I am a vast and leafy expanse.  
A vista of verdancy.

A single blade of grass or weed.  
Green, in an ocean of green.  
Cellulose.

To go to bed with work unwritten.

To go to bed.

To sleep a good sleep.

Write another day.

*all that is real is in this room*

sing:

*I'm not perfect*

*I'm not perfect*

*I'm not perfect*

*I'm not perfect*

repeat