

Hey there. I hear you've been feeling stressed out. Overwhelmed. Like there are whole universes who want a piece of you. Like those universes all missed lunch and want to take a big bite out of you to snack on.

Don't worry. Relax. If you're carrying something, put it down, just for a minute. This time is all about you. Have you put everything down yet?

[pause]

Good. Now, it's time to unload a bit more. [laugh] Oh, I know you've already put down what you were holding! But you're carrying more than that, aren't you? I know, I know. Not everything is as difficult to put down as an object, but let's pretend - just for a minute - that your stress is a big weight. Heavy, isn't it? If all those things you were asked to do that you just haven't had a chance to do yet were like bags of flour, you'd be like a whole baking aisle, wouldn't you? [laugh]

So, okay: let's start with the last thing someone asked you to do. Just imagine those words like writing on a bag of flour. Do you see it? Maybe it would help to say it. [pause] Good. Now I want you to put that down, right next to whatever you were carrying.

[pause]

That wasn't so bad, huh? Don't you feel a bit better already? Now take out the bag of flour from the bottom of your pile. I know, I know, it's hard to remember the first thing you were ever asked that you *still haven't done yet*. How many aeons ago was that? Must have been a long time! [laugh] Maybe they've forgotten now. [laugh]

It'll help to say what's written on the bag. Can you do that? [pause] Good.

Now I want you to take that bag and put it next to the other one. Getting something right at the bottom of the pile is tough. I know. It may seem impossible. But how many impossible things have you done already? This is just one more.

Alright, easy now. Ease that bag out. Careful, careful, and... Oh dear, looks like you weren't careful enough. Everything's fallen down! Oh well.

[Laugh]

You still got that bag out, the one right at the bottom. Well done. Have you put it next to the other bag yet? [pause] Good. They don't look so bad there, do they? They don't seem like much of anything at all.

I'm proud of you.

[pause]

It's just such a shame you waited so long to get that old task done! Look at what a mess you made.

[same friendly laugh as before]

[disappointed] I just wish I didn't have to lie when I tell you I'm proud of you.