

## To Trigger my Depression

To the Tune of *The Twelve Days of Christmas*,  
Traditional Christmas Carol,  
New Lyrics by *Dr. Mitchagoss*  
© December 19, 1995

TO TRIGGER MY DEPRESSION,  
THIS THOUGHT OCCURRED TO ME,  
EVERYTHING I TRY FAILS - TOTALLY!

NEXT TO FURTHER MY DEPRESSION,  
THIS THOUGHT OCCURRED TO ME,  
THINGS COULD NOT BE WORSE,  
AND EVERYTHING I TRY FAILS  
TOTALLY!

THEN TO ADD TO MY DEPRESSION,  
THIS THOUGHT OCCURRED TO ME,  
WHAT'S THE USE, THINGS COULD NOT  
BE WORSE,  
AND EVERYTHING I TRY ...

NOW TO DEEPEN MY DEPRESSION,  
THIS THOUGHT OCCURRED TO ME,  
LIFE IS TOO UNFAIR,  
WHAT'S THE USE, THINGS COULD NOT  
BE WORSE,  
AND EVERYTHING I TRY ...

AS I SINK IN MY DEPRESSION,  
THIS THOUGHT OCCURRED TO ME,  
I AM JUST A SHIT! LIFE IS TOO UNFAIR,  
WHAT'S THE USE, THINGS COULD NOT  
BE WORSE,  
AND EVERYTHING I TRY ...

ON THE SIXTH DAY OF DEPRESSION,  
THIS THOUGHT OCCURRED TO ME,  
WHY SHOULD I BOTHER?  
I AM JUST A SHIT! LIFE IS TOO UNFAIR,  
WHAT'S THE USE, THINGS COULD NOT  
BE WORSE,  
AND EVERYTHING I TRY ...

NEXT TO ADD TO MY DEPRESSION,  
THIS THOUGHT OCCURRED TO ME,  
I DON'T DESERVE JOY.  
WHY SHOULD I BOTHER?  
I AM JUST A SHIT! LIFE IS TOO UNFAIR,  
WHAT'S THE USE, THINGS COULD NOT  
BE WORSE,  
AND EVERYTHING I TRY ...

DEPRESSED 'BOUT MY DEPRESSION,  
THIS THOUGHT OCCURRED TO ME,  
I HATE THIS FEELING, I DON'T DESERVE  
JOY.  
WHY SHOULD I BOTHER?  
I AM JUST A SHIT! LIFE IS TOO UNFAIR,  
WHAT'S THE USE, THINGS COULD NOT  
BE WORSE,  
AND EVERYTHING I TRY ...

THE NINTH DAY OF DEPRESSION,  
THIS THOUGHT OCCURRED TO ME,  
I'M SINKING DEEPER.

I HATE THIS FEELING, I DON'T DESERVE JOY.  
WHY SHOULD I BOTHER?  
I AM JUST A SHIT! LIFE IS TOO UNFAIR,  
WHAT'S THE USE, THINGS COULD NOT  
BE WORSE,  
AND EVERYTHING I TRY ...

THE TENTH DAY OF DEPRESSION,  
THIS THOUGHT OCCURRED TO ME,  
I CAN'T GET OUT NOW.  
I'M SINKING DEEPER.  
I HATE THIS FEELING, I DON'T DESERVE JOY.  
WHY SHOULD I BOTHER?  
I AM JUST A SHIT! LIFE IS TOO UNFAIR,  
WHAT'S THE USE, THINGS COULD NOT  
BE WORSE,  
AND EVERYTHING I TRY ...

NEXT TO ADD TO MY DEPRESSION,  
THIS THOUGHT OCCURRED TO ME,  
IT SEEMS LIKE I'M WHINING.  
I CAN'T GET OUT NOW.  
I'M SINKING DEEPER.  
I HATE THIS FEELING, I DON'T DESERVE JOY.  
WHY SHOULD I BOTHER?  
I AM JUST A SHIT! LIFE IS TOO UNFAIR,  
WHAT'S THE USE, THINGS COULD NOT  
BE WORSE,  
AND EVERYTHING I TRY ...

ON THE LAST DAY OF DEPRESSION,  
I TRIED SOME RET.  
SO I DISPUTED,  
TOO BAD - I'M WHINING,  
WHERE IS IT WRITTEN,  
I DON'T DESERVE JOY,  
NOR IS THERE PROOF THAT,  
LIFE SHOULD BE EASY.  
I AM NOT A SHIT!  
THOUGH LIFE IS UNFAIR,  
TOO DAMN BAD,  
I'LL JUST PUSH MY ASS,  
AND TRY TO STOP SELF RATING GLOBALLY!

Seasons Greetings from *Dr. Mitchagoss* aka Mitchell W. Robin Ph.D.

19 West 34th Street Penthouse Suite #23 New York, NY 10001 (212) 947-7111, ext 215

<http://www.drmitch.org> [askdrmitch@drmitch.org](mailto:askdrmitch@drmitch.org)