

I am the Very Model of a Cognitive Behaviorist!

To the tune of "*I am the very model of a Modern Major General*"

Words and Music by W. S. Gilbert and Arthur Sullivan

New Lyrics by *Dr. Mitchagoss*

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I AM THE VERY MODEL,
OF A COGNITIVE BEHAVIORIST!
I'VE DISPUTATIONS RATIONAL,
THAT LOGICALLY YOU CAN'T RESIST.
MY THINKING'S SCIENTIFIC,
I'M NO CRYSTAL GAZING ORACLE.
I KEEP MY LANGUAGE SALTY,
AND ALSO METAPHORICAL.

IN SESSION I'VE BEEN KNOWN,
TO SELF-DISCLOSE WITH EQUANIMITY.
I SHOW THEM ALL MY WARTS,
I DO NOT COVER UP WITH DIMITY.
I PRACTICE SELF-ACCEPTANCE,
AND AM THEREFORE UNASSAILABLE.
(UN ASSAILABLE... FAIL-ABLE, RAIL-ABLE ... AH)
SINCE I BOAST ABOUT THOSE THINGS,
WHICH OTHER PEOPLE CALL
BLACKMAILABLE

CHORUS

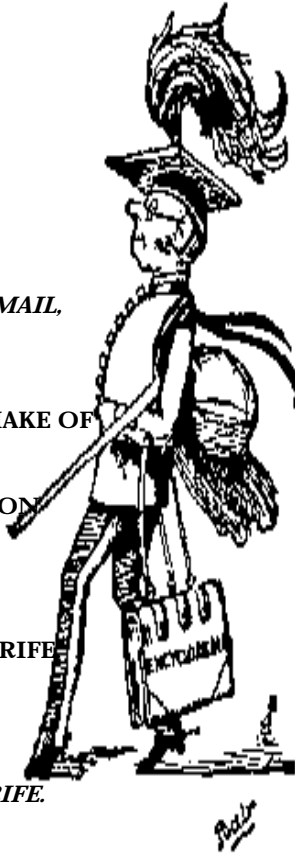
*HE BOASTS ABOUT SUCH THINGS,
WHICH OTHER PEOPLE CALL
BLACKMAILABLE.
HE BOASTS ABOUT SUCH THINGS,
WHICH OTHER PEOPLE CALL
BLACKMAILABLE.
HE BOASTS ABOUT SUCH THINGS,
WHICH OTHER PEOPLE CALL BLACKMAIL,
BLACKMAIL-ABLE.*

I'VE LEARNT FROM EPICTITUS,
THAT ALL THINGS ARE WHAT YOU MAKE OF
THEM
AND HOW YOU FEEL ABOUT'M,
WILL DEPEND ON YOUR OWN TAKE ON
THEM.
SO WHEN YOU GET EMOTIONAL,
ABOUT THE HASSLES IN YOUR LIFE.
DISPUTE YOUR SCREWY THINKING,
IF YOU WANT TO DO AWAY WITH STRIFE

CHORUS

*SO WHEN WE GET EMOTIONAL,
ABOUT THE HASSLES IN OUR LIFE
DISPUTE OUR SCREWY THINKING,
IF WE WANT TO DO AWAY WITH STRIFE.*

IT REALLY IS UNFORTUNATE,
YOU NEVER GOT WHAT YOU PREFERRED.
IT IS TOO FUCKING BAD,
THAT YOU WERE DRAFTED AND WERE NOT
DEFERRED
THAT THINGS SHOULD BE THE WAY THEY
ARE,
IS BUT A FACT EMPIRICAL
WE HAVE THE PROOF BEFORE OUR EYES,
THAT SQUARES ARE SELDOM SPHERICAL.



THERE IS NO UNIVERSAL LAW,
THAT YOU MUST LIVE A LIFE OF EASE.
NOR IS THERE PROOF THE WORLD IS FAIR,
NOR THAT YOU MAY DO AS YOU PLEASE
I SAY "CHERCHEZ LE MUSTS AND SHOULD'S",
NOT LIGHTLY OR MECHANICALLY.
(MECHANICALLY, DON'T SCAN-ICLLY, ... OH YES)
EVEN KAREN HORNEY WROTE,
"MOST SHOULD'S BEHAVE TYRANNICALLY!"

CHORUS

*EVEN KAREN HORNEY WROTE,
"MOST SHOULD'S BEHAVE TYRANNICALLY!"
EVEN KAREN HORNEY WROTE,
"MOST SHOULD'S BEHAVE TYRANNICALLY!"
EVEN KAREN HORNEY WROTE,
"MOST SHOULD'S BEHAVE TYRAN,
TYRANNICALLY*

THOUGH I'M ACCUSED,
OF NEVER GOING DEEP ENOUGH BY
FREUDIANS.
THOUGH I AM SOMETIMES GUILTY,
OF PLAYING TO MY OYDIANCE.
WITH CLEVER DISPUTATIONS,
I ACHIEVE MY CLIENT'S PURPOSES.
DESPITE TO ALL APPEARANCES,
OF STAYING ON THE SURFACES.

MY CLIENTS LEARN SELF-DISCIPLINE,
AND TAKING LIFE MORE STOICAL.
THEY LEARN THAT TOLERATION,
DOES NOT MAKE THEM ALL HEROICAL.
BY HAVING THEM REFORMULATE,
THEIR VERY LIFE'S PHILOSOPHY,
(PHILOSOPHY, HOSOFY, DROSS - OFY ... YES)
THIS COGNITIVE BEHAVIORIST DOES VERY
WELL.
DON'T YOU AGREE?

CHORUS

*THIS COGNITIVE BEHAVIORIST DOES VERY
WELL.
DON'T YOU AGREE?
THIS COGNITIVE BEHAVIORIST DOES VERY
WELL.
DON'T YOU AGREE?
THIS COGNITIVE BEHAVIORIST DOES VERY
WELL.
DON'T YOU, DON'T YOU, AGREE?*

WITH DISPUTATIONS RATIONAL,
WHICH LOGICALLY YOU CAN'T RESIST
I AM THE VERY MODEL OF A COGNITIVE
BEHAVIORIST!

CHORUS

*WITH DISPUTATIONS RATIONAL,
WHICH LOGICALLY WE CAN'T RESIST,
HE IS THE VERY MODEL OF A COGNITIVE
BEHAVIORIST!*