

# Silly Therapy For Beginners *by Peter Brooks*

**I**T happens to us all, sooner or later, richer or poorer, in sickness and in total depression, and that's the long and the short of it. Or it would be, given half a chance and twice the cleaning power.

What am I talking about? The need to be Silly. Not just silly, but intensely Silly. That's not to say stupid, although we can all try our hand at that without needing any lessons. I know I have.

If you're feeling down, depressed, dejected, despondent, doleful and a lot of other things beginning with "D", then this is the therapy for you.

It's also the therapy for you if you are fortunate to have male pattern baldness, severe corporate financial instability or actually enjoy cheese making. They don't begin with "D" but they could do if you pretended you had a dspeech dimpediment.

What other lies can I tell you?

Oh, yes, it makes you attractive to women or men (especially those with a dog and a white cane) depending on which side of the street you read it, on alternate Thursdays.

And now, on with the Show.

## INTRODUCTION

This Do It Yourself You Lazy Bastard Self Help Guide To Coping With Life's Obstacles And Other

Nasty Stuff is designed to be read tongue in cheek.

This makes the reader sound demented if they're daft enough to read aloud, and is all part of the fun.

Since the material is just about 30 years old, I can claim, with some substance, that the silliness contained herein has been tested exhaustively for 30 years and is therefore guaranteed to be at least silly enough to make you grin, and possibly silly enough to make you try out some of the suggested therapies in front of a mirror in the privacy of your own bathroom.

Since bathrooms are associated with distinctly silly noises nobody will be any the wiser, unless you laugh too loudly, in which case everyone will take notice and you may see a little yellow van draw up at your front door.

Enjoy, laugh loud and long, but don't send me any medical bills for ruptures, hernias and burst blood vessels, and don't forget, it all depends on what the meaning of "guaranteed" is.

## LOCATION

I'm often asked where is the best place to undertake Silly Therapy. Well, to be accurate, no-one has actually yet asked me, but I'm sure they will do, when this is published.

For beginners, I recommend the

bathroom. Did I suggest that already? Well, then at least I'm being consistent. Since all sorts of odd noises emanate from the bathroom, silly noises won't be noticed, unless you laugh too loudly, so Rule Number One has to be: **Don't Laugh Too Loudly.**

Keep a small hand towel nearby so that you can, in an emergency, grab it and stuff it into your mouth to silence any undue non-lavatorial noises. If by chance your laughter sounds more like someone breaking wind, all the better.

## EQUIPMENT

To address another question – do you need any special equipment? – the answer is a resounding "Probably. It could help, maybe."

I recommend a large mirror – one that you can use without having to hold onto it. This is also helpful if, during effective Silly Therapy, you happen to lose it entirely. If you were holding a hand mirror at the time you'd probably be sweeping up and cursing seven years bad luck shortly afterwards.

A large wall mirror is ideal, especially if you have a big head. If the mirror has dressing room lights around it, well, then you're just showing off.

So, we'll assume that you're now esconced in a standing or seated (but

not supine) position, with sufficient ambient lighting to make sure you can see your reflection in the mirror. Let us begin. Well, let you begin. I've already done mine.

## PHASE/FACE 1

The chances are that if you're suffering from things beginning with "D" then your facial expression will already closely resemble that shown in **Figure 1**.

(For those reading in black and white, the picture is not in color.)

To benefit most fully from Silly Therapy it is advisable that everyone begins from the same starting point, so if you don't already look like **Figure 1**, do your best to produce an expression just like that in **Figure 1**.

What do you mean, where's **Figure 1**? It's on the next page. Stop asking silly questions.

If necessary, think of something likely to make you furrow your brow and purse your lips. Not your mother-in-law – that's too easy.

Picture a large male dog attaching itself to your leg. No, stop smiling. Maybe that's a bad example.

All right, here's another one. Picture your most comfortable truss returning from the laundry three sizes smaller. What's that? You don't wear a truss? And you look like that already?

OK, bad example again. Let's try

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something more effective. Imagine you paid ten times as much for this eBook as you should have done. And you can't seem to get your money back.

Ah, that looks a lot better. If you were thinking of something different from my suggestion, I'd be pleased to hear what it was. Submit your idea on a small postcard along with details of any household or kitchen utensils that you used.



**Figure 1: Phase/Face 1**

That's really excellent, in fact. Hold that expression for at least 10 seconds or for as long as it takes before you snigger and spray saliva all over the mirror. Not half an hour, though, or you may find yourself locked into that facial expression. Unless you work for a Complaints Department or are a Tax

Collector, I don't think it would be an advantage to look like that permanently.

This position is equivalent to what is called, I believe, *bent* or *pliers* in ballet, part of the *movements* – and believe me, if you had yours bent with pliers, you'd be having movements, too.

I find that ballet has some highly relevant terms that may occasionally be used to good effect in Silly Therapy.

Such as *pas de chat* (no talking) and *frappé* (Starbucks), which is as good a way to finish a Silly Therapy session as any other).

Although, it has to be said that – if you can get away with it – talking and therapising at the same time can enhance the effect. You just have to come up with a good excuse for sniggering in the bathroom.

Unless you live alone. In which case, that explains a lot.

No, forget what I said about *pas de chat*. That was a joke. Boy, you *do* need therapy, don't you?

On to the next face or phase.

## PHASE/FACE 2

This is really the first step – the change from looking like **Figure 1** to looking like **Figure 2**.

Yes, you can take a peek. (For those reading in black and white, the picture is still not in color.)



**Figure 2: Phase/Face 2**

Note that you do not need any expensive accessories in order to effect the change from Phase 1 to Phase 2. Simply tilt the head back, flare the nostrils and turn the mouth down. You can cross your eyes too if you feel it would benefit you.

This is the "Queen Victoria" or "we are not amused" position. Mind you don't sneeze when standing like this or you'll blow snot all over the mirror.

No, I don't think Queen Victoria wore a hat like that. Not in public, anyway.

The only problem with this position is you probably can't see it, so maybe you'd better go on to the next phase before you topple over backwards.

## PHASE/FACE 3

Now we come to perhaps the hardest part of Silly Therapy: practising a smile.

It's best to avoid rushing into something like this, so we'll do it in stages.

Begin first with the isodynamic position as shown in **Figure 3**.



**Figure 3: Phase/Face 3**

Yes, isodynamic is a real word. No, I didn't just make it up.

Make sure that the central point of the lips is equidistant from both extremes, which are themselves as proximal to the centre as possible.

It means purse your lips and don't grin. No, not the kind of purse you can put money in. Why would you want to put money in your mouth? Yes, I know there's a phrase "Put

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your money where your mouth is". It's not relevant.

Because I say so.

## PHASE/FACE 4

Now, with great care, tilt one side of the mouth upwards at an angle of about 31°. It doesn't matter which side. No, I don't know if that's latitude or longitude. Latitude. All right, longitude then. See **Figure 4** for an example.



**Figure 4: Phase/Face 4**

## PHASE/FACE 5

Very, very carefully, switch to raising the other side of your mouth. Not too fast. You don't want to rupture anything. If you can manage to switch the parting in your hair

and the way your shirt is buttoned all at the same time, well, now you're just showing off. Again.

See **Figure 5** for an example. Yes, I know it looks a lot like **Figure 4**. It's just a coincidence.



**Figure 5: Phase/Face 5**

Don't, whatever you do, try and combine the two positions.

Just take my word for it. Combing your hair will become a major exercise and don't even try to find a tie that will fit.

Now you'll probably look like **Figure 6**, which is not only jumping the gun but likely to get you stared at in public. You see what happens when you don't listen to me?

Before I forget, if you are reading this in Australia or Earth orbit, you may look more like **Figure 7**.

Just be careful



**Figure 6: Phase/Face 6**



**Figure 7: Phase/Face 7**

Now I've lost count. Those last two figures weren't supposed to be phases. See what you made me do?

I'm going to need a calculator.

## PHASE/FACE UM

By now you may look and feel more like **Figure um 8**, or if you were facing the other way at the time, **9**.



**Figure um 8: Phase/Face Um**



**Figure um 9: Phase/Face Um too**

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## PHASE/FACE 10

Well, we've jumped a bit, but I think it's easier if we follow the figure numbers. All right, it isn't really, but that's what I'm going to do. If September 2<sup>nd</sup> 1752 was followed by September 14<sup>th</sup> 1752 then I can bugger about with my faeces. Faces. Sorry, that was a typo. We'll take it out at the printer's.

Let's see if we can drag you back from the way you were in **Figures um... 8 and um...9.**

Put that tongue away for a start (see **Figure 10**).

And stop yelling "Wassuuuuuup!" We haven't got to the Wassuuuuuup Phase yet. Stick to the program.



**Figure 10: Phase/Face 10**

If you were facing the other way, see **Figure ..er.. 11.**



**Figure ..er.. 11: Phase/Face 11**

## PHASE/FACE 12

This is the Wassuuuuuup Phase. It is best undertaken when there's nobody else in the house/apartment/mansion/dog kennel/castle.

Wassuuuuuup! is a cross cultural expression capable of annoying lots of people over the age of 25, so only do it in public when you think you can get away with it.

Otherwise, stick to doing it in the bathroom.

You should already know how to blare "Wassuuuuuup!" but if you don't, you should get out more, see a show, preferably *Scary Movie...*

**Figure 12** shows our model posing in a typical Wassuuuuuup! stance. Trousers are optional.



**Figure 12: Phase/Face 12**

Beware of leaning too close to the mirror as you adopt this position. You don't want saliva all over the glass.

## PHASE/FACE ZZZ

It's about time you took a power nap, to recover from all the exertions you've been undertaking. Unless you've only been pretending, that is. In which case you need your head examining.

If you need a Head Examiner, most driving centers have one.

To prepare for the power nap, you need to refresh your facial muscles, just as you would your palate in a restaurant in between courses.

This doesn't mean you have to splash cold water everywhere, although of course it's well known

that a little toilet water on the hair is quite refreshing.

Just don't bang your head on the cistern when you get up.

**Figure 13** (uh-oh, get out the lucky rabbit's foot. Yes, I know it wasn't lucky for the rabbit) shows a relaxed face ready to be put to sleep.

I mean ready to go to sleep.



**Figure 13: Phase/Face Zzz**

You can hold this relaxed position while sleeping for about an hour, unless someone comes knocking at the bathroom door, hopping from foot to foot and demanding to be let in.

Open the door suddenly and show them your relaxed face. This should be enough to scare the living crap out of anyone, at which point they will cease to need the bathroom, and you can go back to your therapy.

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## **PHASE/FACE HEH! HEH! HEH!**

If you do happen to scare the crap out of anyone, you are encouraged to adopt the facial expression so elegantly modeled in Figure 14.

Go on. You deserve a treat after all your hard work.



**Figure 14: Phase/Face  
Heh!Heh!Heh!**

[Still working on it]



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And that's it. Consider yourself well and truly theraped.

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