

THERAPY

A 90-second monologue

By JANE CAFARELLA

Comedy

GIOVANNA, 60s, has an important message for her children.

I took your advice and went to a therapist.

And you were right. It's totally my fault!

She said I was doing far too much for you – cooking, shopping, washing, baby-sitting, dog-sitting, bill-paying – everything.

I should just stop it and go enjoy myself.

She agreed with you. I have the wrong attitude.

There's absolutely no point getting upset. It doesn't change a thing!

It's far more mature to just tell you what I want.

So, next time you're rude, ungrateful and demanding – like when you hand me those lists of tasks: (*Mimicking*). 'Can we lock that in?' – she said I should just tell you to get stuffed.

She turns to leave then, turns back.

Oh yeah, I almost forgot!

A strategy that she found helpful was buying a doll that represented the particular person who'd upset her, and sticking pins in its eyes.

That really worked for her.

That, and putting it in the blender.

So, thanks for that!

I thought a therapist would be a wanky waste of money, but it turns out it's been really therapeutic!

By the way, I'm going to Italy for the whole of July.

Here's a list of what needs doing: bill-paying, mail collection, feeding the cat, watering the garden...everything.

Can we lock that in?

206 spoken words

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