

**TYLER:** Please! Just let me be! I can't take this!

**FEAR:** We can't just go away. We're your thoughts! We're always here.

**TYLER:** But I need a break. I need a break!

**CRITICISM:** Well, how are you gonna get a break when you can't tame your own mind!?! Loser.

**TYLER:** Hey! That's not a very nice thing to say.

**CRITICISM:** You thought it!

**TYLER:** So what? That doesn't make it true!

*(Silence.)*

**ANXIETY:** Woah. Good point.

**FEAR:** I never thought of it that way.

**TYLER:** I hear you. But I don't have to believe you. And I don't have to answer to you all the time.

**FEAR:** Where are we supposed to go!?

**TYLER:** Well, I imagine you'll stick around, but I'm just gonna breathe and rest for a while.

**CRITICISM:** But you're not good at that! You're so bad at falling asleep!

*(TYLER takes a deep breath.)*

**TYLER** *(calmly)*: Okay.

**CRITICISM:** Did you hear me?

**TYLER:** I hear you.

**CRITICISM:** Don't you agree? Shouldn't you worry about it? Or don't you, at least, wanna argue?

**TYLER:** Nah, I'm good.

**CRITICISM:** Huh. That's new.

**REGRET:** I do feel sort of sleepy.

**FEAR:** I suppose I could use a nap. But I'll be back and I have lots to say!

*(TYLER yawns.)*

**TYLER:** I know. That's fine. Goodnight.

**ANXIETY:** Goodnight.