

## Everything Will (Not) Be Okay Clinic

Samuel R. Bussler, PhD  
1111 Wallpaper Ln  
Ypsilanti, Michigan, 48197  
1-800-shes-crazy

Re: Patient Jane

December 10, 2017

To John, whom Jane claims to be a loved one,

I'd like to inform you that after many interminable meetings, scrutinous evaluations, and countless tests on your so-called "wife," I have come up with a diagnosis for your significant other's condition. Jane—if that be her real name—suffers from a dual case of **Schizophrenia**, as well as **Monophobia**.

Your wife's **Schizophrenia** was not hard to diagnose, at all. Throughout our meetings, your wife constantly teetered back and forth between the line of reality and delusion, she consistently broke down in the relationship between thought, emotion, and behavior, which then lead her to faulty perception. Your wife often talked about the yellow wallpaper on the inside of your home; this wallpaper was the center of most meetings. Jane, on numerous occasions, mentioned the "peculiar odor" (Gilman, 7) of the wallpaper "following her around" (Gilman, 7) wherever she may go, leading me to believe that this is all in her head, as wallpaper does not have a smell, nor can it follow a human being. Your wife not only shows obsessive qualities with the smell of said wallpaper, but everything else about it as well. Jane states a number of times that there is a "woman" (Gilman, 7) behind this yellow wallpaper, and that this particular "woman in the wall" is the reason the "front pattern on the wallpaper is moving, because she is shaking it" (Gilman, 7). Your wife also states that she "sees the woman in the daytime, out every one of her windows" (Gilman, 7&8). As a doctor, I feel as though your wife has created this woman within her Schizophrenic imagination as a result of being isolated by you, Sir. I do not blame you fully for your wife's mental state, but I do believe the development of your wife's condition could have been halted early on if only you'd have let her live a normal life.

Jane's fear of being alone, also known as **Monophobia** is another major concern I have. Your wife—on numerous occasions—spoke to me about her fear of being left alone with the yellow wallpaper, only to find her own solution to this problem by creating—as previously stated—a "women in the wall" (Gilman, 8). Throughout the durations of our meetings, your wife's behavior continued to aid my diagnosis. When your wife wasn't imagining a woman within the wallpaper, she was doing something related to the wallpaper to keep her occupied! These various things my have included "helping her imaginary friend relieve herself of her prison inside the wallpaper, or simply tearing down the wallpaper she could reach in hopes to impress you, John"

## Everything Will (Not) Be Okay Clinic

Samuel R. Bussler, PhD  
1111 Wallpaper Ln  
Ypsilanti, Michigan, 48197  
1-800-shes-crazy

(Gilman, 9). All of these actions are, in my professional opinion, taking place out of fear of being drowned by a pool of loneliness and isolation—the pool that was essentially created by you. Again, I hate to put the blame on you, but as a doctor I feel as though the severity of these conditions could have been prevented by you.

John, although you have done many things I wish you wouldn't have in accordance to your wife, I truly believe there is still time. She may be able to lead an “ordinary” (Gilman, 1) life again, but only with your help, I'm afraid. I'd start by letting her out more often, letting her make her own decisions in hopes she is able to distinguish the difference between delusion and reality. I know you both can do it, I have a lot of faith.

If you feel the need to call me, or have any additional questions or comments, feel free to give me a call at 1-800-shes-crazy. I should always be able to take your call as I am very interested in Jane's road to recovery!

Sincerely,

SAMUEL R. BUSSLER. PhD