THE BEST CLINIC IN THE WORLD

Tomo M. Saito, M.D.

9349 Awesome Street

Battle Creek, MI, 49094

1-800-call-TOMO

Re: John Smith’s wife

November 13, 2014

Dear Mr. Smith,

I want to inform you that after careful observation and testing of your wife, I have found a diagnosis for her condition. Your wife suffers from a serious condition of **paranoia.** Paranoia is a mental disorder characterized by systematized delusions in which a person may wrongly believe that other people are trying to harm them, or that they are somebody very important, etc. They perform aggressive acts in the conscious of self-defense or as a mission.

Your wife had observed the wallpaper to look for patterns and images. I believe she did this for her own enjoyment. She started seeing things from the yellow wallpaper; she saw a “faint-figure behind seemed to shake the pattern, just as if she wanted to get out” (5). She believed that the patterns in the wallpaper moved because the figure, or a woman behind it, shakes the bars. Eventually, she believed that she herself is the woman in the wallpaper, which then she creped endlessly around the room and smudged the wallpaper as she goes; you had seen this event. All this was a sign of paranoia. She saw delusions and created images that did not exist. She also performed aggressive acts as a mission, when she tried to capture a woman that was in the wallpaper. She needed something to stand on because she could not reach far, so she tried to use the bed. Her bed would not move, so she “bit off a little piece at one corner” (9) of her bed. This is considered an aggressive act.

The biggest factor for her insanity is you, her husband. You prescribed her “phosphates or phosphites—whichever it is, and tonics” (1) for “each hour in the day” (2). Did you know that drugs or alcohol are factors that could lead to paranoia? So, prescribing many drugs is making the situation worse. Also, you made a horrible decision to not let her “write a word” (2). She did write for a little bit secretly while you were gone, but you were against it; it placed pressure on her to not write. For a person that is in paranoia, keeping a diary is a good decision because they are a great way to let out emotions in a calm way. Another one of your mistakes is that you did not offer to let her switch psychiatrists. Your wife did not feel comfortable with you being her psychiatrist; she talked to you to inform that she believed that she has not improved at all, but you did not listen well and convinced yourself that she has improved. For example, she was not feeling comfortable or “gaining” (5), so she “wished [you] would take [her] away” (5) to a different place, but you did not consider that one bit and claimed that she is looking better. Comfort is very important for a person that has paranoia, so she should be with a different psychiatrist.

In conclusion, you need to stop prescribing drugs to her. You should allow her more freedom to write, read, etc. because if she becomes busy with many activities, she would not have much time to have paranoid thoughts. Also, please listen to her thoughts and communicate more with her; for her to have someone to talk to about her paranoid feelings can help her to get her worries out in the open and get some perspective.

If you have any additional questions, please do not hesitate to contact me at 1-800-call-TOMO. I am always available for you and your wife.

Sincerely,

Tomo M. Saito, M.D.