

Mental Eviction Notice

LETTER TO THE TENANT IN MY HEAD FOR EVICTION

Date: _____

TO: _____

YOU ARE HEREBY NOTIFIED TO VACATE THE PREMISES OF MY MIND IMMEDIATELY. YOUR TENURE IN MY MIND HAS BEEN TERMINATED. YOU NO LONGER HAVE PRIVILEGE TO MY THOUGHTS AND EMOTIONS. YOU ARE TO CEASE AND DESIST ALL NEGATIVE COMMENTS AND ARE ORDERED TO VACATE IMMEDIATELY. IF YOU FAIL TO COMPLY IN THE STIPULATED TIME FRAME ADDITIONAL ACTION WILL BE INITIATED IMMEDIATELY TO EVICT YOU FROM THE PREMISES OF MY MIND AND HEART.

(MENTAL LANDLORD)

(DATE)