

i ll remember you all in therapy

i ll remember you all in therapy is a phrase that resonates deeply within the context of mental health and therapeutic experiences. This expression often captures the complex emotions and reflections that arise during or after therapy sessions. Understanding its significance can provide insight into the therapeutic process, the relationships formed, and the impact therapy has on individuals. In this article, the phrase "i ll remember you all in therapy" will be explored from multiple perspectives, including its emotional implications, usage in popular culture, and its relevance in therapy settings. Additionally, the article will delve into how this phrase can symbolize both gratitude and struggle, making it a profound statement in mental health discourse. The discussion will also cover practical advice for therapists and clients alike on navigating the memories and feelings that therapy evokes.

- Emotional Significance of "i ll remember you all in therapy"
- Usage of the Phrase in Popular Culture
- Implications for Therapeutic Relationships
- How Therapists Can Address Client Memories
- Practical Strategies for Clients Remembering Therapy

Emotional Significance of "i ll remember you all in therapy"

The phrase "i ll remember you all in therapy" carries a wealth of emotional weight. It often reflects the lasting impressions that people and experiences leave on an individual's mental and emotional state. Therapy sessions frequently involve discussing personal relationships, traumas, and pivotal life moments that shape a person's psyche. Saying "i ll remember you all in therapy" can signify the acknowledgment of these influences and the ongoing processing of such experiences.

This phrase can also indicate a recognition of the therapeutic journey itself, where clients confront difficult emotions and memories related to others in their lives. It symbolizes how therapy serves as a safe space to explore these connections and how these memories can continue to influence mental health even after sessions conclude.

Emotional Complexity Behind the Phrase

At its core, "i ll remember you all in therapy" encapsulates a mixture of emotions—gratitude, pain, nostalgia, and sometimes resentment. The complexity arises from the fact that therapy often reveals uncomfortable truths about relationships and personal history. Remembering "you all" in therapy can mean recalling loved ones, family members, or significant figures who have impacted the individual's emotional wellbeing.

Such recollections can lead to breakthroughs or setbacks, depending on how the memories are processed. Therapists encourage clients to navigate these emotions carefully to foster healing and growth.

Usage of the Phrase in Popular Culture

The phrase "i ll remember you all in therapy" has found its way into popular culture, often used in television, movies, and social media to convey the emotional aftermath of challenging interactions. It serves as a humorous or poignant expression of how stressful or impactful certain experiences or people can be.

In many instances, this phrase is used colloquially to describe situations that might provoke lasting psychological or emotional effects, highlighting the universal need for mental health support. Its prevalence in popular discourse underscores the growing awareness and normalization of therapy and mental health conversations.

Examples in Media and Social Platforms

Various TV shows and films employ this phrase to depict characters coping with difficult relationships or traumatic events. It is also frequently quoted in memes and posts on platforms like Twitter and Instagram, where users share relatable moments of emotional strain or humor.

The phrase's popularity reflects a societal shift towards openness about mental health struggles and the therapeutic process, making it a cultural touchstone for expressing emotional resilience and vulnerability.

Implications for Therapeutic Relationships

In therapy, relationships between clients and therapists are fundamental. The phrase "i ll remember you all in therapy" touches on the importance of these therapeutic bonds and how clients process memories of people discussed during sessions. It highlights the role of therapy in helping clients understand and reconcile past and present relationships.

Therapists often work to create a supportive environment where clients feel comfortable exploring complex feelings about others. The phrase suggests that these relationships extend beyond the therapy room and influence ongoing mental health work.

The Role of Therapeutic Alliance

The therapeutic alliance refers to the collaboration and trust between a therapist and client. This alliance is crucial for effective therapy outcomes. When clients say "i ll remember you all in therapy," it can also reflect the significance of this alliance and the impact of the therapist's role in facilitating client growth.

Strong therapeutic relationships encourage clients to openly discuss challenging memories and emotions connected with others, enabling deeper insight and healing.

How Therapists Can Address Client Memories

Therapists must be equipped to help clients navigate the memories and emotions associated with the phrase "i ll remember you all in therapy." This involves validating client experiences, providing coping strategies, and fostering resilience. Addressing these memories thoughtfully can prevent retraumatization and promote emotional processing.

By understanding the phrase's emotional resonance, therapists can tailor interventions that acknowledge the lasting effects of relationships on mental health.

Techniques for Managing Difficult Memories

Effective methods therapists use include cognitive-behavioral techniques, mindfulness, and narrative therapy. These approaches help clients reframe memories, reduce emotional distress, and build healthier perspectives about their past and present relationships.

- Encouraging expression of feelings related to memories
- Using grounding exercises to manage anxiety
- Promoting self-compassion and acceptance
- Facilitating cognitive restructuring to challenge negative thoughts
- Incorporating psychoeducation about the impact of trauma and relationships

Practical Strategies for Clients Remembering Therapy

For clients, the phrase "i ll remember you all in therapy" may surface as a reminder of the ongoing nature of healing and self-awareness. Developing practical strategies to cope with these memories can enhance therapy benefits and overall wellbeing.

Clients are encouraged to engage in self-care, maintain open communication with therapists, and apply therapeutic tools outside of sessions to manage emotional responses effectively.

Tips for Clients to Manage Therapy-Related Memories

1. Keep a journal to document feelings and insights from therapy.
2. Practice mindfulness and relaxation techniques to stay present.
3. Set realistic goals for emotional processing and healing.
4. Seek support from trusted friends or support groups.

5. Discuss concerns or difficult memories with the therapist openly.

Frequently Asked Questions

What does the phrase 'I'll remember you all in therapy' mean?

The phrase 'I'll remember you all in therapy' is often used humorously to imply that the experiences or interactions with certain people will be discussed later during therapy sessions, usually because they were challenging or impactful.

Where did the phrase 'I'll remember you all in therapy' originate?

The phrase likely originated from social media and internet culture as a humorous way to acknowledge difficult or memorable interactions with others, suggesting that these moments will be topics in future therapy.

Is 'I'll remember you all in therapy' used seriously or humorously?

It is mostly used humorously or sarcastically to comment on stressful or awkward social situations, though it can also reflect genuine feelings about needing therapy after challenging experiences.

Can the phrase 'I'll remember you all in therapy' be used in professional settings?

Generally, this phrase is informal and best suited for casual conversations or social media. Using it in professional or formal settings might be inappropriate or misunderstood.

How can 'I'll remember you all in therapy' relate to mental health awareness?

While the phrase is often used jokingly, it can also open up conversations about the importance of therapy and mental health, normalizing the idea that everyone benefits from discussing their experiences with a professional.

Additional Resources

1. *"The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma"* by Bessel van der Kolk

This groundbreaking book explores how trauma reshapes both the body and brain, affecting sufferers' lives. Van der Kolk delves into innovative therapies that help patients reclaim their lives beyond trauma. It's a vital read for understanding the deep imprint trauma leaves and the pathways

to healing.

2. *"Waking the Tiger: Healing Trauma" by Peter A. Levine*

Peter Levine presents a new approach to trauma therapy, focusing on the body's natural ability to heal itself. The book explains how trauma is stored in the body and offers methods to release it through somatic experiencing. It's an insightful guide for therapists and trauma survivors alike.

3. *"Attached: The New Science of Adult Attachment and How It Can Help You Find - and Keep - Love" by Amir Levine and Rachel Heller*

This book examines how attachment styles formed in childhood influence adult relationships. It provides practical advice for understanding and improving interpersonal connections, with a focus on emotional health and therapy. A useful read for those exploring relational patterns in therapy.

4. *"Lost Connections: Uncovering the Real Causes of Depression - and the Unexpected Solutions" by Johann Hari*

Hari investigates the root causes of depression and anxiety, challenging conventional psychiatric thinking. The book highlights social and psychological factors often overlooked in therapy. It offers hope through reconnecting with meaningful aspects of life and community.

5. *"Man's Search for Meaning" by Viktor E. Frankl*

Frankl's memoir and psychological treatise discusses finding purpose amidst suffering, based on his experiences in Nazi concentration camps. The book introduces logotherapy, a form of therapy centered on meaning-making. It's a profound exploration of resilience and human spirit.

6. *"The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients" by Irvin D. Yalom*

Esteemed therapist Yalom shares insights and wisdom from his extensive career in psychotherapy. The book offers guidance both for therapists and those in therapy, emphasizing the therapeutic relationship and personal growth. It's an accessible and compassionate resource.

7. *"Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead" by Brené Brown*

Brown explores the power of vulnerability as a cornerstone of emotional healing and connection. Drawing from research and personal stories, she highlights how embracing vulnerability can improve therapy outcomes. The book encourages authenticity and courage in personal development.

8. *"Trauma and Recovery: The Aftermath of Violence - From Domestic Abuse to Political Terror" by Judith Herman*

This seminal work outlines the stages of trauma recovery and the impact of violence on individuals and society. Herman integrates clinical insights with social context, providing a comprehensive framework for therapists and survivors. It's essential reading for understanding complex trauma.

9. *"Mind Over Mood: Change How You Feel by Changing the Way You Think" by Dennis Greenberger and Christine A. Padesky*

A practical workbook grounded in cognitive-behavioral therapy (CBT), this book helps readers identify and alter negative thought patterns. It offers exercises and strategies to manage anxiety, depression, and other emotional challenges. Ideal for those in therapy seeking active tools for change.

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i ll remember you all in therapy: *The Protector's Temptation* Lena Blake, 2024-09-28 The Protector's Temptation: A forbidden romance between a rugged ex-Navy SEAL and his daughter's best friend. He's a widowed Navy SEAL with a protective instinct. Maynard has always been the no-strings-attached kind of man. At nearly forty, he's a successful businessman, a devoted single father, and a man with women lining up for a spot in his bed. But when his daughter's best friend, Ruby, enters his life in a way he never expected, his world is turned upside down. Now, desire and duty are on a collision course. She's always played by the rules—until now. Ruby grew up in the shadow of her twin sister's death, sheltered and guilt-ridden. Her life has always been about following a predetermined path, never stepping out of line. But when a buried family secret surfaces, she finds herself irresistibly drawn to the one man she knows she shouldn't want—Maynard, her best friend's father. Now, danger is closing in, and love might be the only way to survive. As old enemies resurface and new threats emerge, Maynard must protect Ruby from forces that could destroy them both. But can he protect his heart from the powerful temptation she represents? And can Ruby find safety in the arms of the man who's both her savior and her greatest weakness? If you love age gap romance, steamy small-town romance, and protective alpha heroes, *The Protector's Temptation* is your next must-read. Get ready for a heart-pounding mix of passion, danger, and the irresistible pull of forbidden love.

i ll remember you all in therapy: *Searching for Savanna* Mona Gable, 2024-02-20 In the summer of 2017, twenty-two-year-old Savanna LaFontaine-Greywind vanished. A week after she disappeared, police arrested the white couple who lived upstairs from Savanna and emerged from their apartment carrying an infant girl. The baby was Savanna's, but Savanna's body would not be found for days --Back cover.

i ll remember you all in therapy: *Days That I'll Remember: Spending Time With John Lennon & Yoko Ono* Jonathan Cott, 2013-07-16 Offering new insight into Lennon and Ono as individuals, artists and lovers, *Days That I'll Remember* is a gifted music journalist's memoir of a seismic time in music, politics and culture and one of the most incisive and affectionate portraits ever written about this world-altering couple. In this rich account of their relationship, Cott tells his own story alongside his many interviews with the couple. While most originally appeared in *Rolling Stone*, they usually did so in shortened form; the full-length versions here contain previously unpublished and often revealing material. Also featured is a recent Cott interview with Yoko Ono as well as images from her private archive. Jonathan Cott's relationship with two of the most iconic figures of our time began in 1968 when, as London correspondent for the fledgling *Rolling Stone*, he went to interview John Lennon and Yoko Ono in their London flat. A friendship was born that lasted for the rest of Lennon's life and still continues today between Cott and Yoko Ono. It was Jonathan Cott who interviewed the couple about their *Double Fantasy* album on December 5, 1980 in their apartment at the Dakota in New York. It would be Lennon's last major interview.

i ll remember you all in therapy: *Transforming Lives with Hypnosystemic Therapy* Stefan Hammel, 2024-08-29 This book provides a practise-based introductory guide for practitioners wishing to integrate hypnosystemic therapy into their services, examining its roots, principles, and methods. Hypnosystemic therapy combines aspects of Ericksonian hypnosis, Systemic Therapy, and parts/constellation therapy into a creative awake hypnotherapy approach. This is then further consolidated in therapy or counselling. It is applied for overcoming psychological, medical, and

social problems by use of conversational hypnosis mostly without trance induction. This text discusses how the intervention can be used in a variety of group and individual settings, in the treatment of diagnoses such as ADD/ADHD, allergies, hypertension, anxiety, phobias, sleeping disorders, addiction and eating disorders, and autism spectrum disorders. Chapters provide therapeutic tools in a straightforward, practical manner with examples. Presenting therapeutic interventions in such a clear way that they can be integrated instantly into the therapeutic work of any school, this book is of particular interest to systemic therapists, behavioral therapists, and others who wish to integrate hypnotherapy knowledge into their work, but remains relevant to any mental health or allied professional.

i ll remember you all in therapy: *His Fantasy* Sheila Kell, 2025-07-02 A gripping novel of romance and nonstop suspense by bestselling and award-winning author Sheila Kell. "Sheila...writes drama and suspense and makes it interesting and super sexy!" -Clare & Lou's Mad About Books Can one man capture the heart of the woman who walked away? In Sheila's novel of conspiracies and desire, a fierce protector refuses to let go of the one woman whose life he feels is threatened. Madison Maxwell has been Brad Hamilton's fantasy for many years. When they finally connect for a night of passion, he could have died a happy man, except she left without a backward glance. When Madison returns to Baltimore, Brad sees his opportunity to rekindle a spark that hasn't yet faded. But when she witnesses a murder and receives threats, he will stop at nothing to keep her safe. In his effort to protect her, Brad unwittingly brings danger to her doorstep.

i ll remember you all in therapy: *The Thriller Collection* Colleen Hoover, 2023-11-14 From #1 New York Times bestselling author Colleen Hoover comes the heart-pounding Thriller Collection, each story centered on a woman discovering a dangerous truth that will change her life ... for better or worse. In VERITY struggling writer, Lowen Ashleigh, takes a life-changing job from Jeremy Crawford, the husband of bestselling author Verity Crawford, to complete her unfinished series, but she discovers a hidden and disturbing autobiography that could shatter their relationship. In TOO LATE Sloan, navigating a desperate situation to care for her brother, becomes entangled with the alluring but dangerous drug trafficker Asa Jackson, while an unexpected attraction to undercover DEA agent Carter puts them on a perilous path toward escape.

i ll remember you all in therapy: *Some Die Mad* Edward Beardshear, 2003-05-28 Young Malcolm Ward's father dies and he is betrayed into Mid-State Hospital by a cruel and greedy uncle. Malcolm is imprisoned on the Acute Violent and Forensic Ward where he discovers both art and the art of survival. Later, in the general hospital population, he fights to save a pretty young lady patient in his group therapy from a psychotic superintendent. This activates a system already clearly out to kill him. After he is blitzed by a series of unneeded shock treatments and sent to a back ward to die, he slowly recovers by painting and crafting sculpture. He falls in love with a devoted occupational therapist who reciprocates. And to make himself whole for her he escapes the hospital to find a new and truer life in a blazing finale of enlightened madness in New York's Greenwich Village.

i ll remember you all in therapy: *A Summer to Remember* Carolyn Swan Hill, 2013-02-26 For her summer break from college, Nicole Thomas is ecstatic to be in beautiful Estes Park, Colorado. Family friends Virginia and Norman Parker own a resort at the foothills of Rocky Mountain National Park, and Nicole helps take on the job of cottage caretaker for two and a half months with older friend, Catherine Maine. Its not long before Nicole meets three handsome men who will play pivotal roles in her Colorado vacation. Forest rangers Scott Thompson, Todd Wheeler, and Bill Martin are handsome and fun to be around, but Scott is the one who captures her heart. But Scott is also in love with another girl and cant give his whole heart to Nicole. Crushed, she learns a hard lesson about the dangers of giving her heart away so quickly and resolves never to do it again. Nicole tries to soothe her heart by focusing on the bounty of beauty the park offers, from stunning wildlife to majestic mountain views. As she does so, she begins to see things in a new light. Still, romance doesnt stay away, and Nicole contends with her emotions for the three men and their attentions to her. She sees Todd as only a friend despite his feelings for her, and Bill is more like an older brother than a love interest. Just as Nicole is beginning to think that true love will never find her, she

discovers that you should never say never.

i ll remember you all in therapy: Listening with Purpose Jack Danielian, Patricia Gianotti, 2012-04-12 Listening with Purpose is a clinical treatment manual for seasoned practitioners, post-doctoral training institutes, graduate students, and psychiatric residents who are interested in advancing their skills in therapeutic listening and psychodynamic interventions. The approach...

i ll remember you all in therapy: Fibromyalgia For Dummies Roland Staud, 2007-10-01 Your easy-to-follow guide to the latest research, treatments, and medications! The pain you suffer from fibromyalgia syndrome (FMS) is not in your imagination. FMS is a real medical problem that can be as debilitating and demoralizing as it is mysterious. Fibromyalgia For Dummies, Second Edition, brings you the latest scientific findings on the symptoms and causes of this disease and guides you toward proven, practical steps you can take reduce or eliminate FMS-related pain. This plain-English guide is fully updated with the latest fibromyalgia treatment options, and evaluations of new medications that have shown great promise in reducing pain. You'll discover how to spot an array of symptoms and their possible causes, work with your physician to develop a treatment plan, and manage your pain at home and in the office. You'll learn how to: Identify your FMS trigger points Cope with chronic pain and sleep problems Find medications that work for you Locate a physician who can really help you Make healing lifestyle changes Use hands-on therapies to alleviate pain Find effective over-the-counter and prescription medications Choose among alternative therapies and treatments Reduce the emotional distress caused by FMS Help a child with FMS Featuring moving and inspiring stories from fellow FMS sufferers who share their stories and offer invaluable tips on working your way back to wellness, Fibromyalgia for Dummies, Second Edition offers serious and sensitive guidance to help you overcome FMS and start being yourself again.

i ll remember you all in therapy: A Road Trip to Remember Judith Keim, 2021-04-20 A woman and her beloved granddaughter take a trip of discovery... After agreeing to enter the New Life Assisted-Living Community outside of Boston, Agatha "Aggie" Robard talks her devoted, serious granddaughter, Blythe, into driving her to Florida, stopping to see old college friends along the way. She particularly needs to speak to Donovan Bailey, the man she'd thought she would marry right after graduating from college. By asking Blythe to go with her, Aggie is hoping to prove to her that life should be about having fun too. Their road trip is a great idea for both of them as long as Aggie's son and his wife, Blythe's difficult stepmother, don't find out. While the rest of the family is away on vacation, Aggie and Blythe set off on their secret adventure. All goes well until Aggie falls while dancing on the beach with Donovan, breaking a bone in her leg. Then Blythe's father is seriously injured in an automobile accident. Blythe and Logan Pierce, Donovan's young assistant, do their best to step in for them at The Robard Company working together, fighting the attraction they feel for one another. The road trip brings about happy memories, surprises, and love as Aggie and Blythe meet others and discover new possibilities for everything they've ever wanted. A beach read with a lot of heart... This book is a standalone novel that is one of others based at the Seashell Cottage on the Gulf Coast of Florida. Different stories, different characters, same location. Be sure to read other books in the Seashell Cottage collection - A Christmas Star, A Summer of Surprises and Change of Heart. Another of Judith Keim's series books celebrating love and families, strong women meeting challenges, and clean women's fiction with a touch of romance—beach reads for all ages with a touch of humor, satisfying twists, and happy endings. Be sure to check out her other delightful books and series that readers adore.

i ll remember you all in therapy: L. Ron Hubbard Presents Writers of the Future Volume 32 L. Ron Hubbard, 2016-04-25 Science Fiction & Fantasy Anthology and Advice to Writers 2016 You are about to meet: YOUR NEXT FAVORITE AUTHOR The 32nd edition of Writers of the Future may be the best new book yet! Brand-new adventure through space, time and possibility. Along the way these new authors will introduce you to fascinating characters such as Nate, a very loyal companion—like most werewolves would be. Keanie has a parasite that lets her morph and so transform into anyone. Liz owns a dinosaur maker, but raw ingredients can be a problem. Anna slaves away in a factory but her magic leaves her unfulfilled. These authors take creative writing to a

whole new level! The answers, the stories, the visions, and the mind-stretching possibilities are all waiting inside. Welcome to the future of Science Fiction and Fantasy. It gets better every year. These are the award winning short stories of the international contest that have launched the writing careers of some of the best new books! BONUS stories and articles on how to write by New York Times best sellers Tim Powers, Sean Williams, Brandon Sanderson, Sergey Poyarkov & L. Ron Hubbard "The Writers of the Future contest looks for people with the best imaginations who can see through the possibilities of the strangest and best ideas and tell stories that intrigue us and involve us." —Orson Scott Card Celebrate the 32nd anniversary of the Writers of the Future contest and the 27th anniversary of the Illustrators of the Future contest

i ll remember you all in therapy: Kai Gwendolyn Ashley, 2011-09-29

i ll remember you all in therapy: The Cowboy's Missing Memory Shannon Taylor Vannatter, 2020-07-01 Can he reclaim his past...and build a future? He needs to remember. She's his best hope... After a rodeo accident took away Clint Rawlins's mobility and two years' worth of memories, occupational therapist Lexie Parker is his only shot at recovering and regaining independence. Lexie is drawn to Clint...but she's wary of the amnesiac's all-too-vulnerable feelings. And with the possibility of him returning to his dangerous bull-riding side job, she refuses to risk her heart. But resisting her charming patient may be harder than she expected...

i ll remember you all in therapy: *Harlequin Love Inspired July 2020 - Box Set 1 of 2* Jo Ann Brown, Lois Richer, Shannon Taylor Vannatter, 2020-07-01 Love Inspired brings you three new titles! Enjoy these uplifting contemporary romances of faith, forgiveness and hope. AN AMISH MOTHER'S SECRET PAST Green Mountain Blessings by Jo Ann Brown Widow Rachel Yoder has a secret: she's a military veteran trying to give her children a new life among the Amish. Though she's drawn to bachelor Isaac Kauffman, she knows she can't tell him the truth—or give him her heart. Because Rachel can never be the perfect Plain wife he's looking for... HOME TO HEAL The Calhoun Cowboys by Lois Richer After doctor Zac Calhoun is blinded during an incident on his mission trip, he needs help recuperating...and hiring nurse Abby Armstrong is the best option. But as she falls for the widower and his little twin girls, can she find a way to heal their hearts, as well? THE COWBOY'S MISSING MEMORY Hill Country Cowboys by Shannon Taylor Vannatter After waking up with a brain injury caused by a bull-riding accident, Clint Rawlins can't remember the past two years. His occupational therapist, Lexie Parker, is determined to help him recover his short-term memory. But keeping their relationship strictly professional may be harder than expected.

i ll remember you all in therapy: *Why, God, Why?* Karen Jensen, 2013-07-09 Why do bad things happen? God, I don't understand! Heartbreak and loss happen to us all. On New Year's Day, at the age of thirty-seven, Karen Jensen's husband died suddenly in his bed, leaving her alone to raise two grieving boys and pastor a bewildered congregation. Despite her strong faith and love for God, she had some serious questions. Has tragedy shaken the foundation of your life? Have you been blindsided by an event you never expected to face? What should we do when we're going through the dark places in life? ...when we've lost everything? ...when we're in pain? ...when we're wondering why? With a mix of sharp insight and warm optimism, Karen skillfully combines experience and scripture to guide you through the land mines of doubt and confusion that come with loss. She then provides solid principles for moving forward past the pain and into a brighter future.

i ll remember you all in therapy: *An Un Romantic Comedy* Phoebe MacLeod, 2023-03-14 'I absolutely loved this book!' Maxine Morrey The black sheep is coming home for her sister's wedding. One week with the whole family under one roof. What could possibly go wrong? Poppy is a therapist. You'd think her parents would be proud. But Poppy is the type of therapist that makes her mother cringe - she helps people with their, ahem, bedroom problems... Normally Poppy deals with her difficult family - two parents, one brother, a couple of sisters and an assortment of nieces and nephews - by keeping at least a County or two between them. But with her little sister about to get married there's no avoiding the week-long family holiday in Cornwall. The trip was always going to be a catastrophe, but Poppy never imagined how much her family needed her professional skills... Nor did she expect to meet a sexy surfer on what was supposed to be the most unromantic holiday

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