

*Dr. Spencer's Mantra for the relief of anxiety that  
accompanies attempts to prove theorems*

The mantra consists of three parts:

1. The **LINES** or **VERSE** [ To be chanted slowly, as appropriate, several times]  
*(It is suggested that if a line has  $k$  words, it be chanted  $k$  times, shifting the emphasis from word to word.)*

The LINES:

WHAT EXACTLY AM I TRYING TO PROVE?  
WHAT ARE THE HYPOTHESES? [WHAT MAY I ASSUME?]  
WHAT IS THE CONCLUSION I SEEK?  
WHAT DO SOME OF THE ELEMENTS LOOK LIKE?  
WHY DO I BELIEVE IT?  
WHAT IF IT WASN'T SO?

2. The **COMMAND** [To be heeded and obeyed regularly]  
WRITE IT DOWN. WRITE IT DOWN CAREFULLY. WRITE IT  
DOWN COMPLETELY.
3. The **REFRAIN** [To be repeated as often as necessary, before and after  
the command]  
W H A T D O E S T H A T M E A N ?? [Of course, the mood  
of the refrain should be changed as the mood of the sentence changes.  
E.g., WHAT WOULD THAT MEAN?]

If symptoms persist, see your local doctor.