

17 - Think Proactively About Painful Things?!

Source: [Crunchyroll](#)

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QC:

(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

SIGN *Comical Psychosomatic Medicine!*

SIGN Episode 17

"Think Proactively About
Painful Things?!"

[00:04] Himeru

Will I be okay? Will I be okay?

[00:07] Ryou

Is it true that Himeru-san
is in trouble again?

[00:09] Asuna

Yes, it's like she doesn't even
have time left to think.

[00:12] Asuna

She left this coded message.

[00:14] Ryou

Huh?

[00:14] Ryou

Looks to me like she has lots of time.

SIGN Asuna! Help me!

SIGN Code Hint: Take out the tanuki's "ta"!

[00:16] Ryou

Also, this takes the "ta" out
of "tasukete" (*help*), too...

[00:18] Asuna

She started working part-time
at a café recently,

SIGN Now it's "sukete"

(be see-through)...

[00:20] ---

but it seems like it's not going well.

[00:22] Ryou

A café?

[00:22] Asuna

Apparently, it's called "Healthy Café"
and focuses on health foods.

SIGN Chinese

SIGN Menmen

Ramen

[00:26] Ryou

Health foods?

[00:27] Asuna

Oh, this is the place.

SIGN Curry Curry

[00:29] Ryou

Okay.

SIGN Jingle Jingle

[00:31] Guy

Hey, come on in!

[00:32] Guy

Welcome to the Healthy Café.

[00:35] Ryou

Why does the staff look
completely unhealthy?!

[00:36] Ryou

There's an obvious contradiction here!

[00:38] Guy

Table for two.

[00:40] Himeru

R-Right!

[00:41] Ryou

Ah, Himeru-sa—

[00:42] Himeru

Oink.

[00:44] Ryou

Someone who could pass for this
café's mascot just showed up!

[00:46] Himeru

W-Welcome.

SIGN White Sow Black Sow Pink Sow

SIGN Anxious

Depressed

Scared

[00:48] Asuna

She turns into sows of different colors
depending on her stress level.

[00:51] Ryou

She becomes a sow, no matter what?!

[00:53] Himeru

W-Welcome to Healthy Café Re-examination.

SIGN Re-examination

[00:57] Ryou

That name doesn't give a
"healthy" image at all!

[00:58] Ryou

Why are you working at a place like this?!

[01:00] Asuna

Well, no matter where Onee-chan works,
she's always making mistakes.

[01:04] Himeru

So I end up getting fired in the... end.

[01:07] Ryou

Oh, you mean in the end, you get fired.

[01:09] Ryou

For a second, I wondered where
exactly the fire was going.

[01:11] Himeru

Because of that, I can't get
a job at a normal place.

SIGN Manager

[01:14] Himeru

Only places like this will hire me.

[01:16] Ryou

Why are you working part-time, anyway?

[01:18] Ryou

You're already a nurse, aren't you?

[01:20] Himeru

Well, I'm embarrassed to say it,

[01:22] Himeru

but I was trying to save money
to buy my family a present.

[01:26] Ryou

That's not embarrassing at all!

[01:28] Ryou

What sort of present?

[01:29] Himeru

Uh... It's really embarrassing...

[01:32] Himeru

An H doll.

[01:33] Ryou

That *is* embarrassing!

[01:34] Himeru

Oh, please don't misunderstand!

[01:36] Himeru

I mean a hina doll.

SIGN Hina Doll

[01:37] Himeru

I was embarrassed to say
it, so I used the initial.

[01:39] Ryou

It's even more embarrassing that way!

[01:41] Himeru

It's the H Festival, but we
don't even have any H sweets,

SIGN H

Festival

SIGN °Try to figure out what Himeru-chan's saying along with the doctor!

[01:44] Himeru

so I wanted to give them an H S-M.

[01:46] Ryou

You're doing this on purpose, aren't you?

[01:48] Ryou

Well, still, they did hire you,
so you should work hard...

SIGN The answer will be revealed later!!

[01:50] Himeru

But I can't.

[01:52] Ryou

Huh?

[01:52] Himeru

I keep remembering all the times I got
fired, and I can't concentrate on work.

[01:56] Himeru

Because of that, I've made a
lot of mistakes here, too...

SIGN Manager

[01:58] Himeru

Thankfully, the manager hasn't
found out yet, but...

[02:01] Ryou

Uh, I think he just found out.

[02:03] Ryou

So, this time, I'll teach you some
psychological techniques to try

[02:06] ---

when you've remembered something painful.

[02:08] Ryou

Professor Spera, a psychologist,
told a group of people

SIGN What do I do now?!

[02:11] Ryou

who'd been laid off to vent their rage
and frustration for 20 minutes per day.

SIGN Damn that boss who laid me off!

SIGN One Week Later...

[02:16] Ryou

Then, one week later,

[02:17] Ryou

compared to people who weren't
told to do anything,

[02:20] Ryou

the laid-off group clearly
felt more optimistic.

[02:22] Asuna

What?!

SIGN A Few Months Later...

[02:22] Ryou

And a few more months later,

[02:24] Ryou

of the people who weren't told to do
anything, 14% had found new jobs,

[02:28] Ryou

but of those who were told
to vent, 53% had new jobs.

[02:32] Asuna

It was that different?

[02:33] Ryou

Another psychologist, Lumley,

[02:35] Ryou

told college students with
stress-related insomnia

[02:36] [SONG] Girl

What that teacher said bothered me...

[02:37] Ryou

to vent their feelings in a journal.

SIGN They made fun of me today,

and it pissed me off.

[02:41] Ryou

The students who did that
earned higher grades

[02:44] ---

that semester than students who didn't.

[02:46] Asuna

Really?!

SIGN Pant

[02:47] Grandpa

I should keep a journal of my feelings, too!

[02:50] Grandpa

They made fun of me today,
and it turned me on!

[02:51] Ryou

Uh, please keep your carnal desires locked in your heart.

[02:53] Ryou

These activities are called "emotional disclosure."

[02:57] Ryou

Doing things like these actually makes you feel better.

[03:00] Ryou

When you're feeling negative...

SIGN I can't think like this...!

[03:04] Ryou

Thinking like this will only make those feelings harder to escape,

SIGN I need to be stronger...!

[03:06] ---

adding to your stress.

[03:07] Ryou

It's important to set aside time each day,

SIGN My boss makes me so mad! So mad! So mad...!

[03:09] ---

even just 10 minutes, to think about those negative emotions.

SIGN She won't call me! I hate it! I hate it! I hate it!

[03:12] Ryou

Don't look away from the painful feelings inside you.

[03:16] Ryou

Pain, sadness, anger...

[03:18] Ryou

They are all part of you.

[03:20] Ryou

When you can believe that, you can overcome it.

[03:23] Asuna

I understand!

[03:24] Himeru

Um, could I take your order now?

[03:27] Ryou

You're treating that whole explanation like idle chit-chat?!

[03:30] Himeru

Um, today I recommend...

[03:33] Himeru

The "Even if we didn't wash our hands, it's full of love! Hamburg steaks!"

[03:36] Ryou

I'm not eating that!

Forget the love and wash your hands!

[03:37] Himeru

And the "Lots of work went into them!

[03:40] ---

Egg sandwiches without the
mayo, mustard, or egg!"

[03:42] Ryou

Okay, that's just bread slices!

[03:44] Ryou

No work went into that at all!

[03:45] Himeru

Then how about "Whatever random dish our
fickle chef came up with on a whim"?

[03:48] Ryou

That's nothing but whims upon whims!

[03:49] Ryou

What's he even going to make?!

[03:52] Himeru

It seems our chef went to
play pachinko on a whim.

[03:54] Ryou

He even decides whether or
not to work on a whim?!

SIGN *Answer: "It's the (H)ina Festival, but we don't even have any (H)ina sweets,

[03:57] Ryou

It doesn't matter. Just bring
whatever lunch set you have.

[04:00] Himeru

O-Okay, then, whatever we have...

SIGN so I wanted to give them a (H)ina-(S)a(M)a." Did you figure it out?

[04:02] Himeru

Oh, and what would you like to drink?

[04:04] Ryou

Oh, I get to choose? Then a co—

[04:06] Himeru

Would you like Tabasco or chili oil?

[04:09] Ryou

What, did I lose a bet or something?!

[04:11] Himeru

We have both in either hot or iced.

[04:13] Ryou

Those are the two most
pointless options ever!

[04:14] Ryou

Fine! Just bring me iced chili oil!

[04:16] Himeru

And would you like lemon or milk?

[04:18] Ryou

Hmm, that's a tough decision.

[04:19] Ryou

Then I'll have milk chili oil...

[04:21] Ryou

Like I'd say that!

[04:21] Ryou

What about this place is "healthy," anyway?!

[04:23] Ryou

There's not a shred of "healthy" anywhere!

[04:26] Himeru

It's actually "Hell See."

[04:27] Ryou

See Hell?!

[04:29] Ryou

With a menu like this,
anyone would see Hell!

SIGN A Few Days Later...

[04:32] Himeru

The café went out of business
before I could be fired.

[04:35] Ryou

That shouldn't be a surprise.

SIGN If you don't have a place to
work, visit the mental clinic!!

SIGN This program is a work of fiction. There is no guarantee that the treatments mentioned
herein

will work. Before having a medical exam, make sure the doctor deals in these treatments first.

[04:40] ---

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