Our new national separation anxiety

No doubt, the last four years saw a marked increase in mental health 'challenges,' much of them due to a giant economy-sized case of Trump Derangement Syndrome or TDS caused by the election of the 45th President in 2016. You could see it everywhere these last four years and among every conceivable group. The signs were easy to spot. Feverish talking aloud (both to others and to one's self) about how evil the inhabitant of the White House was. Another symptom was the tendency to blame all manner of ill on Donald Trump. It didn't really matter where the 'ill' in question originated. It could have been Borneo or Baltimore, L.A. or Lagos, New York or New Guinea. Anything that sounded or looked like it didn't 'belong' in the contrived bubble of Leftist ideology was suspect. People on the Right were seen to be deadly carriers of the *Trump virus* that caused TDS. They were to be avoided at all costs and when that wasn't possible, they were to be banished or destroyed before they could infect the good people of the Left.

There was a lot of head-shaking going on among the Democrats and their Progressive cousins. "How in the world could there be so many people that actually <u>liked</u> this despicable man?" "What could be possessing them to buy his MAGA hats, go to his rallies and then...vote for him...again?" No answer could calm them down. TDA had taken hold of their immune system and was riding it like the mechanical bull at Gilley's. The Dems could barely function, and their complicit media's reporting made it even worse for them. It was disconcerting to see Trump's successes as he unabashedly called 'their' media and 'their' Congressional leaders, names. He even had the temerity to challenge the wisdom of the 'Lady of the House', Ms. Pelosi. What cheek!

Fortunately, their numbers were large and the 'Russia scandal' and the Mueller investigation and Trump's impeachment (the first one that is) helped them pull back from the brink of total meltdown. But the TDS had already sunk its claws into their psyches. They soldiered on as Democrats always do and managed to convince even the fence-sitters in their party that Trump was an existential threat to America - a threat to Black America, a threat to Females, to 'transitional' females/males, to students with college debt, to climate crusaders, to pro-abortionists and a dozen other special interest groups.

Trump became their Public Enemy No. 1. His Tweets infuriated them. His repeated claims of 'Russia Hoax' and 'Fake News' and his nicknames for his opponents drove them round the bend. THEN came the election, and they were ready for him - in all the swing states. They were determined not to let him pull out another win like the one that took down 'their gal' Saint Hillary. They worked day and night to firm up their base, exercise just the right kind of pressure on judges and Secretaries of States who would change the election rules in their favor.

They were not going to let a little thing like the Constitution come between them and the reins of power. And it worked. Election procedures were changed and hundreds of thousands of unsolicited mail-in ballots were sent out (many to voters who hadn't lived at their old addresses for many years). And on return ballots, signatures weren't even checked and the dead rose again...to vote. Shades of Chicago in the election of 1960 when Joe Kennedy stacked the deck for his son, Jack.

TDS wasn't going to get the better of the Dems. Like General MacArthur who promised to return to the Philippines or Arnold Schwarzenegger in *The Terminator* they vowed to be back (in power) and they succeeded. But there was only one problem. Their TDS got <u>worse</u> after the election, not better. When Trump vowed to fight on, the Left was confused. No one had done this to them before. Thankfully, for them, they were supported by friendly judges who refused to hear the orange man's claims of election fraud. They were buoyed, but knew they needed just one more thing. And they got it on January 6th - an 'impeachable offense' that they immediately latched on - no matter that there were only two weeks until his departure from the White House.

San Fran Nan came to the rescue, and in her own inimitable way managed to get impeachment off the drawing board and onto the House Floor.

Then, a few Republican RINO Congressional Representatives, fearing for their re-election prospects and a dry donor well, crossed the Rubicon and voted with the Dems to impeach the President. TDS had been faced down and was sure to recede into the nether world as 'Sleepy Joe' took the oath of office today and murmured on about 'unity' and 'togetherness'. All that was missing was a Beatles' soundtrack in the background emitting "Come together, right noooow". You could almost see TDS rise from their bodies and disappear into the clouds as Joe said, "So help me God." Unfortunately for the Dems, TDS has <u>mutated</u> into a massive case of 'separation anxiety' (SA) which will be taking over their waking hours as they realize that they will no longer have Donald Trump to blame everything on, any more.

Separation anxiety as we all know is usually something that affects children between the ages of six months and three years old and is a regular part of their early development, but SA can also hit adults, hard. People with adult SA experience high levels of anxiety, and sometimes even panic attacks, when loved ones (and in this case, Trump the scapegoat) are out of reach. By the way, this goes big time for the mainstream media that has come to depend on Trump as the target of their daily rage.

What to do? They can't blame Joe or Kami and they surely can't point the finger at themselves. We can expect the immune-compromised Dems to become withdrawn, show extreme sadness or exhibit difficulty concentrating as the distance between themselves and Trump increases. Lucky that Joe likes Medicare, for all HIS 'folks' are going to need some SA therapy, pronto. As for the rest of us, we can look forward to a new, improved Donald Trump that is liberated from the bonds of his office and is free to catcall from the bleachers of picturesque Mar-a-Lago.

Stephan Helgesen is a retired career U.S. diplomat who lived and worked in 30 countries for 25 years during the Reagan, G.H.W. Bush, Clinton, and G.W. Bush Administrations. He is the author of ten books, four of which are on American politics and has written over 1,100 articles on politics, economics and social trends. He operates a political news story aggregator website, www.projectpushback.com. He can be reached at: stephan@stephanhelgesen.com