

# Sample Questions & Answers

**Q:** Your stories are very self-deprecating. You tell of being clumsy, dropping things, putting your foot in your mouth, and literally falling to the ground. What inspired you to put those stories in writing, where anyone and everyone can see them?

**KB:** I've always been that way. It's part of my mental makeup to share mistakes I've made, or to "go public" when embarrassing things happen. I once read somewhere that this behavior is actually a form of Obsessive-Compulsive Disorder; that it's a sort of "checking" that's considered a compulsion (a compulsion to check in and have someone tell you it's okay that that's happened). Of course, this finding only solidified that I have mental illness.

**Q:** On that subject, you ask the reader throughout the book to help you determine whether you have something wrong with you. Is that in jest?

**KB:** Well, my humorous approach may make it seem so, but no. It's not really in jest. Depression and anxiety run rampant in my family, and I've suffered from both my entire life. Thankfully the depression only reared its ugly head for a few years in my 20's, then with the help of antidepressants, I was able to kick it. The anxiety part – even medicated – still lurks around every corner, and I'm constantly worrying about whether I've said something wrong or hurtful, or whether I've somehow made a fool of myself, or whether I have something wrong with my brain. So the book is my attempt at finding an answer to whether I have mental illness, thinly disguised as comedic anecdotes.

**Q:** The subtitle of the book is, "True Tales of An Unstable Life," but the back cover states that not all of the stories are true. What's the truth?

**KB:** The stories are all true. Every single one of them. I truly have fallen all those times. I really did blow a snot bubble during a class in college, and I really did add a semester of college because of it. Where things get fuzzy is the dialogue. I obviously can't remember the exact wording of conversations from my childhood, so I just recreated the verbiage of those interactions to the best of my very undependable memory. Also – many of the names have been changed so that childhood friends don't have to admit having associated with me.