

Name _____ Date _____

3. Dear Wellness Advisor: I really get down on myself sometimes because I tend to do things I don't really want to do. The problem is I have a couple friends who don't always make good decisions, and I just follow right along. Later, I'm sorry. I've ridden in cars with them when they had alcohol. I also have a smoking habit now, which started with cigarettes my friend had. What should I do?

4. Dear Wellness Advisor: My problem is friends. I don't have any right now, and it hurts. Every time I make a friend, sooner or later we have some kind of fight, and that's the end of it. It's hard for me to just start talking to someone, and then I end up ruining it. Can you help me?

5. Dear Wellness Advisor: I think I'm just destined to be overweight. Most everyone in my family is, and I'm heading in the same direction. It bothers me all the time, but I don't know how to change things.