Take Your Own Advice

Jane: Eve, what are you doing?
Eve: I am going to smoke this cigarette. Do you have a light?
Jane: No! Eve! Why would you ever want to start smoking? It is a bad habit!
Eve: My older brother smokes. He says it is relaxing. My new job is very stressful.
Jane: There are better ways to relax! Try yoga!
Eve: I don’t have time for yoga. I am far too busy.
Jane: There are free yoga classes at the University every Monday and Friday night. You could make the time if you really wanted.
Eve: Smoking is not as bad as some people think. Have you heard of Deng Xiaoping? He lived to be 92 and he smoked like a chimney every day!
Jane: I just think you should care more about your health.
Eve: So should you! I saw you with Trevor at the bar the other day. Alcohol is worse for you than smoking is. You should take your own advice!
Jane: OK, maybe we both should try to take better care of our health. How about we join the gym together; we can go every Tuesday and Thursday after work. Deal?
Eve: It is a deal, but only if we can go out to McDonalds afterwards!

Discussion Questions:

1. Is Eve right about smoking? Why or why not?
2. What are some bad habits you or your friend has? Why were these habits started? Are they easy to break?
3. What are some things you like to do to stay healthy?
4. What are some things that you are not doing that you should try to make the time for?
5. What are some other bad habits? What advice do you have for someone who wants to quit one of these bad habits?
What should I do?

1. What should I do if...
   a. I want to stop smoking?
      i. I think you should try quitting cold turkey.
         1. I could never do that!
      ii. I think you should try quitting slowly over 2 months.
   b. I want to lose weight?
      i. I think you should try getting more exercise.
      ii. I think you should go on a diet.
   c. I want to gain weight?
      i. I think you simply need to eat more.
   d. I want to wake up early on Sundays?
      i. I think you simply need to set your alarm!
         1. I doubt I would hear it! I am a very sound sleeper!
   e. I want to get better study habits?
      i. I think you need to spend more time reviewing your notes.

2. I think you...
   a. Spend too much time online
      i. Why do you think that?
   b. Spend too much time watching TV
      i. Well I have nothing else to do on the weekend.
         1. You could take up tennis as a hobby!
   c. Need to study harder.
      i. I agree. Do you have any advice?
   d. Need to get in better shape.
      i. I disagree. I have no need to get in shape.
   e. Need to quit smoking.
      i. I agree, but it is much too hard!