

What Would You Do?

Excuse me, I was wondering if you could help me. I've got a little problem. Hmm...let's see... How can I explain it so you'll understand? It's no big deal, but on the other hand, I guess I ought to get it off my chest. I feel stressed. I'm getting no rest. I'm searching for the answer, but I don't have a clue. If you were me, what would you do?

Do you **think** you might be able to **give** me some advice? You seem **nice**, like you **would**n't think **twice** about **lend**ing me an **ear**, **be**ing sincere... a volunteer, who is **will**ing to **hear** about my **trou**bles, my **wor**ries and my **strug**gles to **keep** it to**geth**er. **Please** tell me **wheth**er **I'd** be better **off** with Plan **A** or **B**. It's **all** so confusing to **me**!

I know you'll agree that it's hard to decide.
Could you be my guide, and help me choose a side?
It's easy to say it'll all be okay.
The tough part is coping with the day-to-day
stresses and guesses. I'm at a loss.
Maybe I should leave it to the luck of a coin toss.
Heads or tails. But what if I fail to
do the right thing, and I never prevail?

I know. Exhale. I'm way too tense.
I'm getting fed up. Nothing makes sense.
I need someone to lean on, a friend that will listen.
What's the solution? Tell me what I'm missing!



Well, I don't **know**, but I could **give** it a **try**. I'm **just** not **sure** we'll **see** eye to **eye**. I'll **try** to be sympathetic. Don't **sweat** it. There's no **need** for you to **be** apologetic. **Life** for us **all** can get fre**ne**tic.

Take it from me: You can't let it get to you.
What I mean is don't fret, my friend.
You never know what's around the next bend.
Can you tell where I'm heading?
How about letting things just come as they may?
That way, you'll keep your anxiety at bay.
Do you hear what I'm trying to say?

It sounds like you've got a whole lot on your plate. Don't be discouraged. It's never too late to work out your problems. Here's how to solve them: First, think about what is involved and then take a different perspective. Having too much stress is no way to live.

Listen. Here's the advice I have to give. Open your eyes. Expand your horizons. You know, I'll bet you'll be surprised when gradually you start to chill out. Then you'll know what to do, without a doubt.

So go and find a place to unwind. Collect your thoughts. Relax your mind. I truly believe you can make the right choice. Keep your cool. Find your inner voice. Tell me how it goes, and if you need a friend, you can count on me to help you again.