

NOW, YOU TRY IT: CALL IN THE TROOPS

The following are three scenarios that call for some support. Consult your list of support sources, then describe how you'd handle each one.

- 1) Your significant other is addicted to corn chips and noisily munches them while you're both watching TV. All you can think about is digging your hand into the bag too.

Your plan:

- 2) You've had it. You're trying so hard to lose weight, but it seems like every day you "blow it" by missing a workout or giving in to a chocolate craving. You're ready to throw the scale out the window.

Your plan:

- 3) You're confounded by the choices at the cafeteria. Are you better off with a chicken salad wrap or a grilled chicken sandwich?

Your plan:
