

David Bautista

Dr. Adomaitis

SBS 3201 Gender, Dress, and Society OL47[18074]

Dear High School David,

Be more expressive and get comfortable with speaking to other people like your classmates. You shouldn't think you're greater or above everyone in high school. Also, you shouldn't try change who you are to impress others. If it doesn't feel right or feel comfortable then you know you shouldn't act that way. But most importantly, stop trying to try being like your brother and your neighborhood friends, just be yourself.

One thing you need to stop is making your parents buy you clothes to make you cool. Just wear what you like, be creative, and stylish. The amount of money your parents spent to make you satisfy is insane. They could've bought a car for family or something like that. You wouldn't have made your parents work overtime and spend less time with the family. All that money could've been used for something good or helpful for the family, but you're being selfish.

If you do all of this, maybe it'll ease your anxiety and stress. I know high school is tough, but it shouldn't get to the point where you're stressing yourself out. Also, all the stress will increase your anxiety because you'll be overthinking everything. Just relax and take a breath Not only will it affect you, but it'll also affect your family too. Everyone will be worried for you, and you don't want that.

Here's one advice to help you out now and the future. Be honest and express yourself. Stop trying to impose somebody you're not to impress others. If those people don't like you for who you are then drop them, stop being friends with them because they'll be holding you back from your full potential. Who knows things will probably work out differently if you take my advice.

Sincerely,  
Future David