e!

SAM YOCUM

Ask Dr. Belisa

LONGS FOR SONG ABOUT HERSELF

DEAR DR. BELISA: My boyfriend is a singer in a band and I think it's about time he wrote a song about me. How do I get him to?
Fiona, Brooklyn

DEAR FIONA: You can't make anyone write you a song — meaning, tell them to be inspired enough by you to create something artistic. Unless of course you leave him for his guitar player, but then the lyrics may not be so nice.

DEAR DR. BELISA: I took Ambien before going to bed to help me sleep and the next morning woke up and had called some friends and rearranged furniture. I don't remember at all! Is that normal? *Josephine, Murray Hill*

DEAR JOSEPHINE: This "amnesia" is a rare side effect of the sleeping aid Ambien, but it might not have happened if you took it while you were IN bed. I did have one patient who would wake up, snack, go back to bed and not remember it the next day at all. Try it while you are already in bed, or consider changing your medication altogether.

DEAR DR. BELISA: I make a lot of money at my job and have no problem paying for my starving artist boyfriend's part of the tab. My friends keep telling me to make sure I am not getting taken advantage of, but the way I see it, men have been doing this for decades — plus I actually really enjoy pampering them. I'm not expecting anything back (except for continued sex) and they are not long-term flings. Do you see anything wrong with this?
Elizabeth, Manhattan

DEAR ELIZABETH: Nope.

DEAR DR. BELISA: My friend says her daughter's IQ has gone up significantly since she is attending her new school. Is that possible? *Sylvia, Manhattan*

DEAR SYLVIA: No. What probably happened is that one of the two tests was done incorrectly. IQ scores do not change as a person grows up because they are standardized according to age.

DEAR DR. BELISA: My 4-year-old son's guinea pig just died and he asked me if he went to heaven and if he did is he being taken care of there. What do I say? *Julia, upper West Side.*

DEAR JULIA: Say yes and yes. Then engage him in a conversation to see what his fears and beliefs are; you might be surprised!

Dr. Belisa Vranich is a clinical psychologist and expert at the Gold's Gym Fitness Institute who specializes in health, fitness, relationships and more. Got a burning question you're too afraid to ask your friends? E-mail her at DailyNewsDoc@gmail.com.