Introduction
This program is designed to draw attention to the KOPS pledge we use as a part of our weekly chapter meetings. While we may recite the KOPS pledge, do we ever really take time to dissect its meaning? This pledge reinforces what we, as KOPS, have achieved. Today we are going to hold a group discussion as to what each line of the pledge means to us. We are all encouraged to share insight, experiences, struggles, successes, and so forth. Let’s begin with the first line…

**I am an intelligent person.**
- What does this mean to you?
- How do you feel when you say “I am an intelligent person”?
- How can you, as a KOPS, help yourself and others?

**I will control my emotions, not let my emotions control me.**
- What does this mean to you?
- How have you controlled your emotions?
- What kind of example can you come up with to help a TOPS member become a KOPS?

**Every time I am tempted to use food to satisfy my frustrated desires, build up my injured ego, or dull my senses…**
- What does this mean to you?
- Can you think of examples to help others?

**I will remember — I am to be an example as I Keep Off Pounds Sensibly®.**
- What does this mean to you?
- Describe your current level of self-esteem.
- As a KOPS how do you feel now?
- How can TOPS help you maintain your goal weight?

**KOPS® Pledge**
I am an intelligent person.
I will control my emotions, not let my emotions control me.
Every time I am tempted to use food to satisfy my frustrated desires, build up my injured ego, or dull my senses,
I will remember— I am to be an example as I Keep Off Pounds Sensibly®.