Using the TOPS® Pledge – What does it mean to you?
(Inspired by Lynn Olivia, TOPS IL 1949 Chicago and updated in Nov. 2015, after TOPS Board of Directors voted to use new pledge)

Introduction
This program is designed to draw attention to the TOPS pledge we use as a part of our weekly chapter meetings. While we may recite the TOPS pledge, do we ever really take time to dissect its meaning? This pledge covers many of the problems we face as TOPS members. 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”? Is your answer affected by what happened at today’s weigh in? Explain why or why not.
• How can TOPS help you with this?

I will control my emotions, not let my emotions control me.
• What does this mean to you?
• Offer an example of how you have used food in response to a certain emotion.
• Are there certain emotions that you allow to “trigger” eating? Stress? Sadness? What can you do instead when these emotions occur?
• How can TOPS help you with this?

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? Do you find that you are using food for reasons other than physical hunger?
• Can you think of examples?
• How can TOPS help you with this?

I will Take Off Pounds Sensibly®
• This is something we all joined TOPS to do.
• What does this mean to you?
• Are you taking off pounds sensibly now?
• If not, what’s one small step you could take to get back on track?
• How can TOPS help you with this?

TOPS® 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 will Take Off Pounds Sensibly®.