

IN A SLUMP???
SKIT AND PROGRAM
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TOPS MA 460 WILMINGTON

Mark & Mike Enter

Mark - (Carrying a bat & glove) Hi, Josh,

Mike - Ready for practice?

Josh - I guess

Mike -(a little sarcastically) You sound real enthusiastic

Josh - I'm about ready to throw the towel in. I haven't made a hit in months.

Mark - Want to try my bat? Maybe it's time for a change.

Josh - I've been that route. Tried every kind of bat that's within regulation - doesn't seem to make a difference

Mike - What about your grip? Are you choking up? Can you relax a bit?

Josh - Relax? How could I possibly relax? I'm letting the whole team down. Everyone's beginning to wonder at this point if this will ever turn around? I wonder too.

Mark - Hey what happened to your attitude? Don't you remember what they've said in the meetings on positive thinking?

Mike - Yeah, Josh. We've heard over and over that we need to visualize connecting with the ball and rehearse success. You were hitting home runs last year? What were you doing then?

Josh - Who knows? It just seemed to come easy. I guess I should spend more time looking at that and seeing what's changed.

Mike (chuckling a bit) - Yep, we've had it drilled into us that Yogi Berra said, "Baseball is ninety percent mental" Guess he'd know!

Mark - Well, we can make all kinds of suggestions, but in the end, you're the one who knows what works best for you. BUT, remember, we're behind you all the way as you struggle with this.

Mike (with a playful punch on Josh's shoulder) - We believe in you even when you have trouble believing in yourself. Let's go practice and see if we can work this out together.

Josh - Thanks, guys.

Note: This was my actual experience that can be told or the beginning could be changed to work for your particular group. I had left TOPS but stopped by a meeting to visit a few TOPS friends that I hadn't seen in a long time. I've been in TOPS ever since!

From Simple Secrets to a Happy Life

Change Your Thoughts and Change Your World Norman Vincent Peale

Nothing Happens But First a Dream. Carl Sandberg

It's Choice Not Chance that Determines Your destiny. Jean Nidech

Even if you're on the right track, you'll get run over if you just sit. Will Rogers

Anyone here been in a Take Off or Keep Off Pounds Slump?

When I walked in here last week I had been in a very long slump. I'd lost my KOPS status and gained over 30 pounds!

I'd have loved to walk in here still a KOPS and been able to tell you that I'd gone through a horrendous year and kept my food and exercise under control and then recounted the tools I had used to do it.

But, instead, I came in dejected, depressed and feeling pretty defeated. When I got out of bed last Tues. morning, it was a snap decision to stop at the meeting on the way to the gym.

When I came through the doors, I was met with so much enthusiasm and sincere pleasure that I was here, that I knew I had to gather up my resources and get going again.

Thank you, thank you, thank you, to each and every one who offered me support in so many various ways. From some just the few words of welcome, from others making a week's commitment with me to make a positive change for just one week, others for giving me their phone number or e-mail or sharing their struggle. Many told me that they knew I would do it again and made me believe I will! Someone even told me I had inspired them on their journey to becoming a KOPS. AND, the end result got me back on track! Don't ever stop coming to meetings. Do let others know if you are struggling. Do reach out for help and take what's offered. DO know that a smile, a welcome, a word of encouragement from you can change someone's else's world. DO break out of your comfortable group for a moment and spend a few moments with someone you don't know as well. Some of us come alone. It is difficult for some people to break into a group that looks established. Let's all remember that we're a team and need each other. Let's all practice using our gifts to make this baseball contest the biggest weight loss that this chapter has ever seen.

One of the things I like about it, is that we'll be concentrating on our success! And in this case, our success is losing!! How strange is that. Hank Aaron said "Looking at the ball going over the fence isn't going to help." How true is that?? What's the sense of concentrating on our

mistakes? It's also been said, that "Success breeds success" I believe that is true. We can look at each week of this contest as an "inning". Each inning in baseball ends because each team had 3 outs. So what?? It's the score at the end of the game that counts.

Let's think back to the skit for a moment. We have tools to use in our weight control game too. What are some of the tools you use? If no answers, suggest - measuring cup? Scale? Meetings? TOPS magazine for inspiration? A buddy for encouragement? Positive self-talk?

If you're in a slump, did you stop using some of these tools? Are there others you can pick up and try that might not come easily to you - like writing your food, adding a little more exercise, closing the kitchen at a certain time...

A newspaper quote says...

Hitting can be contagious -- but so can a hitting slump.

'There's no need to panic,' White Sox designated hitter Jim Thome said. 'You just have to come in and do your work and work on what you're trying to do and it will turn around.'

It really helped me last week to have made a commitment to write my food for a week and to not go over 1500 calories. That was a HUGE change for me but I kept it because I had given my word and I wanted to be able to be relied upon for support.

Other's made a commitment in return to me - one person who was eating candy every day - promised to only eat candy on one day and that was a real big change and struggle for her.

Another was struggling with night eating and promised to not eat after 7:00 p.m. Last time I checked, she was on track.

Can you make ONE change next week? Can you turn to someone here and make a commitment to change one thing for one week and then check with each other once during the week to help each other to stay on track? Only do this if you would find it helpful. What works for one person, may create too much pressure for another. As in the skit, we can make suggestions to each other, but only we, ourselves, know what helps the most. We have the key to healthy lives within our own selves. Sometimes it's just buried and we need to try many things to unlock the secrets to living our lives to the healthiest extent.

We hit balls, strikes, fouls and home runs. It's just part of the game. BUT, each and every one of us, in the end can DO IT. Just ask any one of the people who got recognition for their losses today. All of them have had times that they "fouled".

I have a little reminder of this to put on your refrigerator throughout the contest. It's a baseball magnet with the words You CAN Do It.

It took awhile to cut out 26 baseballs, cut out the magnets and attach them and then to write the words. I did it because I BELIEVE YOU CAN DO

IT. So, please, when you look at the softball passively stuck to your refrigerator, remember I, Joyce Turner, believe in you even when it's difficult to believe in yourself.

Let's go practice!!

IF YOU RUN A CONTEST ALONG WITH THIS – THESE QUOTES COULD BE USED ALONG THE WAY – OR A POSTER COULD BE MADE USING THEM.

Schmidt: Baseball: Inspirational Quote

Any time you think you have the game conquered the game will turn around and punch you right in the nose.

Yogi Berra: Baseball: Inspirational Quote

Baseball is ninety percent mental, the other half is physical.

Jaja Q: Baseball: Inspirational Quote

Life is like a baseball game. When you think a fastball is coming, You gotta be ready to hit the curve.

Hank Aaron: Baseball: Inspirational Quote

Looking at the ball going over the fence isn't going to help.

Mike Schmidt: Baseball: Inspirational Quote

Any time you think you have the game conquered the game will turn around and punch you right in the nose.

Willie Mays: Inspirational Baseball Quotes

In order to excel, you must be completely dedicated to your chosen sport. You must also be prepared to work hard and be willing to accept destructive criticism. Without 100 percent dedication, you won't be able to do this.

Paul Richards, Orioles manager: Baseball: Inspirational Quotes

Baseball is made up of very few big and dramatic moments, but rather it's a beautifully put together pattern of countless little subtleties that finally add up to the big moment, and you have to be well-versed in the game to truly appreciate them.

This program kicked off a baseball contest. We drew numbers to form teams – had KOPS draw separately so we were sure to have the same number of KOPS on each team. Also chose “Coaches” for each team. Each team chose a creative inspirational name. I forget the details of the contest but it would be easy to make one up. I put magnets on the back of a paper baseball (sample below) for contestants to put on their refrigerators during the contest. When prizes were given out, I used the same baseball and wrote You DID It on each and put it on the outside of the gift bag.

