

# I HAD AN ACCIDENT

By Joy Turner

Liz: Hi Joy

Joy: Hi Liz, how 's it goin'?

Liz: Not so good. I'm having some health problems.

Joy: What's goin' on?

Liz: Well, first I had an accident.

Joy: Oh no. What happened? Are you okay?

Liz: Well, I didn't actually hurt myself physically.

Joy: That's good but what was the accident?

Liz: I accidentally ate some food.

Joy: You "accidentally" ate some food?

Liz: Yeah. I went to a BBQ and I didn't mean to eat as much as I did. It was an accident.

Joy: And now you feel bad?

Liz: Uh huh. And now there's no way to 'fix it'.

Joy: You said you were having health problems. Is something else wrong?

Liz: Yes, it's my eyes.

Joy: Your eyes? What's wrong with them?

Liz: Every time I see something that looks good, but isn't on my health plan, my eyes make it look better than it really is. When I actually eat it, I'm disappointed. My eyes trick me into thinking I can't live without it.

Joy: So am I hearing you right? Your health problems are that you "accidentally" ate food and your eyes "trick" you into thinking food will taste better than it actually does?

Liz: Yep! But there's one more thing.

Joy: What's that?

Liz: I think there's something wrong with my brain.

Joy: (to the audience) - I can't wait to hear this one!

Joy: (to Liz) Your brain – why do you think that?

Liz: It's mean to me.

Joy: Mean? How's it mean?

Liz: It tells me mean things. When I eat even one extra bite it says stuff like, "You blew it now. You'll never make your health goals if you don't get more rigid with yourself." It says lots of other stuff too.

Joy: Well let's see what I have in my TOPS first aid kit. Maybe there's something in it that can help.

*Reaches in to kit:*

Here's my first aid guide – it says there is help for your problems inside this kit.

*Pulls out something else.*

Antiseptic swabs: Let's put some antiseptic on your wounds so they won't hurt so much. But I warn you, it may sting a bit because you're going to have to put some effort into fixing these problems too.

Band-aids: Here's some band-aids. I'm not going to use these this time because these problems won't heal if they're just covered over. They need to be exposed.

Eyedrops: Oh good, I have some eye drops with me. See – they are called EYE AID.

Liz: I don't like anyone touching my eyes.

Joy: No, Liz. I'm not going to touch your eyes. These 'eye aids' are for you to put in when your eyes are telling you that you just have to eat something that is unhealthy for you.

Liz: What will they do?

Joy: They will help you to see clearly. Instead of seeing something delicious, you will see all the empty calories, fat and sugar. Your eyes will see the food as unappealing and will want to look for healthy alternatives.

Liz: I would like that. I'm going to get some for myself. What else do you have in your kit?

Joy: Scissors.

Liz: I know what they're for. They are going to tell my brain to "cut it out". Stop being so mean to Liz.

Joy: Hmmmm. Maybe that's so. Let's see what's left.

A flexible gauze bandage! I think that's what is meant for your brain. It seems like it's trying to help you

but it needs to be more flexible. No one can be successful if their brain doesn't give them some room to make choices for themselves. Your brain can give you guidance but it also needs to have understanding and compassion as well.

Liz: I see tweezers in there. (takes them out). See the scissors say to my brain "cut it out" and the tweezers say, "don't be so picky".

Joy: Laughs. Those scissors have been in my kit for a very long time, but I never used them for that! But you're right. Sometimes our brains do need to take it easy on us and not be so rigid. That can set us up for failure.

Liz: I'm glad I saw you today. I think I'll be having fewer accidents and I'm going to get myself one of those kits!

The following program discussed needing to look at the things we do right, praising ourselves for the progress we've made. Being our own cheerleader. Also talked about whether or not we were trying to "fix" something with food that needed to be solved another way. People said it helped them to stop and think about what they were looking for from food when tempted to eat unhealthy items.

It's easy to make up a first aid kit with the needed items. I made up envelopes for everyone in the club with the explanation of what it represented. BUT, before I gave them out, I pulled an item out of my envelope and asked the members how they thought it applied to TOPS and the skit. I got some great answers that were much better than what was on the sheet. I suggested that people take out whatever item they needed most as a reminder during the week and use it to remember they had a whole TOPS group behind them.

Took some of the items for the envelope from a longer version that was handed out at an earlier meeting. Choose items that apply to your particular group.

# TOPS FIRST AID KIT

Remember to Call your TOPS Family when these need to be Applied

BANDAID	Reminds us when we or others have a gain, we can help heal by encouragement and support
TOOTHPICK	Reminds you to pick out good qualities in your TOPS family <b>AND</b> in yourself
KLEENEX	Reminds us that TOPS members care about each other and will help dry tears.
COTTON BALL	Reminder that TOPS is full of kind words and “warm fuzzies”
PENNY	Reminder that you are valuable and special just because you’re <b>YOU</b>
PAPER CLIP	A twist of wire and a millionaire was made! This reminds you to let your creativity go and find new ways to eat sensibly and exercise for fun.
RECIPE	Reminder that you can eat healthily and TASTY too! Take time to search out healthy recipes that will satisfy your cravings.