

PASS THE BOWL

It's like hot potato, only we use a bowl and in it are slips of paper with questions. We sit in a circle and pass the bowl, until the music stops. (I use a radio). The person that has the bowl has to open it and read the question and then answer it. Then anyone who wants to add a comment can. When the music starts again, off goes the bowl. If it stops at a person who already has it, she can pass it on.

Here's some sample questions for the pass the bowl program. There are some strictly for KOPS if you want them. Enjoy, and do this for a program, as it goes over real good.

1. Name three things you could enjoy more if you were a KOPS.
2. Can you name some foods you can't seem to stop eating once you start?
3. What do you do when you feel depressed or lonely? If it is eating, can you think of a substitute?
4. Do you feel selfish when you spend money just for your eating plan? Are you worth it?
5. Have you had such an urge for a certain food that you would go out in a blizzard to get it?
6. Do you make excuses to others for your weight? Why?
7. Is it hard to say no to foods you really don't want when someone is insisting just one bite won't hurt you?
8. Do you eat between meals?
9. Describe a TOPS friend and what it means to you to have one.
10. Do you experiment with new flavors and tastes when you cook for yourself?
11. Is your life a rat race? How can you change it?
12. Do you feel you have control over most of your life right now?
13. Do you set aside some time every day just for yourself? What is your favorite thing to do?
14. Have you given up on yourself?
15. Do TV commercials send you to the kitchen for food?
16. If you work or gone from home for awhile, is the first thing you think of as you enter the house, food?
17. Do you walk or exercise every day?
18. Is it sometimes "just too much trouble" to stay on a diet?
19. Can you find something each day to be really enthusiastic about?
20. Do you feel you will ever be a KOPS? Why or why not.
21. Are you too busy to plan your meals ahead before you go shopping or get hungry?
22. Name three things you like to do for fun besides eating.
23. Do you think you are still looking for a miracle to make you lose weight?
24. Do you finish the leftovers so as not to waste the food not eaten?
25. DO you ever make excuses when you gain weight?
26. Do you ever eat to put off doing a chore, such as running the vacuum, ironing, etc?
27. Do you dislike yourself when you gain? Why?
28. Do you ever eat when you are angry?
29. Are you afraid to be thin?
30. If there is a sale on ice cream, do you buy a lot "just for the family" and then eat it all yourself?