

We, in Tops, used to have something called a "backslider." That is someone who lost weight and slowly regained the weight.

This is one "backslider's" article.

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## A Backslider Speaks

# Helping Ourselves

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Each of us took a big step forward the day we joined TOPS. I remember the great enthusiasm I experienced after my first meeting. I went home and devoted many hours to studying and preparing charts and menus, etc. I lived all week with TOPS on my mind.

I didn't *want* to backslide. I had worked hard to reach my goal. And what for? Certainly not to regain those unwanted pounds and have to start all over again. Yes, I was proud that I reached my goal, and I treasured each compliment I received as you would a flower from a friend.

So where did I go wrong? Did I lose my desire? No, I still wanted to be at goal weight, but I grew comfortable with myself. I found I could eat a little more than I used to and not have a big gain. Soon my plate was filling up more and more and I was filling out. It no longer bothered me to step on the scale and have the weight recorder tell me I had gained for I had "cheated" all week and eaten everything I had desired. I thought that a half-pound or pound was not too much to gain a week. Ha! Over a period of time it soon amounted to 10 pounds and then another 10 pounds.

Why has this happened to me and to many others? I think it's because I lost the enthusiasm I spoke of before. As I grew more comfortable and relaxed, I didn't work at dieting any longer so how could I expect it to work for me? There is a saying that you only get out of something what you put into it. This should be the cornerstone for us backsliders. We must help ourselves. We can't blame our chapter when we don't lose weight for our chapter doesn't weigh an ounce! Backsliders, let's turn over a new leaf. We'll find that we will surely help others while we are helping ourselves.