

motive (mōt' iv) *n.*
 Refers to any impulse, emotion or desire that moves one to action.

MOTIVATIONS FOR LOSING WEIGHT

"After a physical exam and a long talk, the doctor gave me a special diet and said, 'Cindy, you seem to be an extremely intelligent girl for your age. I know you can do it!' I don't know why — maybe it was because I was a little closer to my teens and able to understand better. But something in my brain clicked, and with the help and confidence of my parents, grandparents and TOPS pals, I reached goal three months later."

Cynthia Uezen
 TOPS #IL 1327, Chicago

"I joined TOPS because I was overweight and I knew it. I had been told by people often enough. My youngest brother was really the one who made me see myself as others saw me. He kept telling me, 'There's no reason for you to look that way. You're too young.' He also promised me that when I got down to a size 14 dress, he would buy one for me."

Cynthia Withers
 TOPS #NT 1, Soesterberg

"I 'saw the light' after my son asked me why his friends kept calling his mother 'fat.' This hurt me very deeply as these children were only about four or five years old. I was determined to lose weight then, no matter what. I lost about 100 pounds, but then I started backsliding. When I saw my mother, who had lost a great deal since I had last seen her, I regained my willpower."

Karen Ross
 TOPS #TX 465, Austin

"Two members from TOPS #TX 194, Plainview, asked me to visit their chapter. I told them I would go to one meeting to see what it was like. Well, after hearing the members talk about what successes they had experienced and listening to them encouraging one another, cheering for those who weighed in with losses and counseling those who had gained, I felt that at last perhaps I had found a place that could help me lose the weight I needed so badly to lose."

Lester Bragg
 TOPS #TX 194, Plainview

"I was about to give up when I met a TOPS member who lived near me. She told me of her success in losing and showed me her 'before' and 'after' pictures. Believe me, I was a believer! I was sure that TOPS could help me, and I went to my first meeting with that attitude. I lost 24¼ pounds in six months. TOPS is great, but KOPS is even better."

Brenda Disbennett
 TOPS #TA 1, Taipei

"When I was in town one day, I saw one of my neighbors whom I hadn't seen in a long time. She had lost so much weight that I had to take a second look to recognize her. I asked her how she had lost so much weight, and she told me about TOPS. I visited a meeting with my neighbor and was so impressed I joined that night."

Helen Lehmann
 TOPS #AR 136, Mena

"I vowed to never weigh over 200 pounds, but there I was at 208 pounds at the end of my second pregnancy. I found that it is hard to like other people if you don't like yourself first, and I was very disgusted with my overweight. . . . A friend told me about TOPS. I went the next week, and the members' enthusiasm was so contagious that I joined that very night."

Carla J. Wade
 TOPS #OH 1217, Arcanum

"I was well into my fourth year in TOPS and hadn't been very successful in losing. A TOPS pal reminded me how long I had been a member. What a rude awakening! I realized I had to get busy. Shortly afterwards something snapped and for the first time in my life I was able to say to myself that I was overweight. I believe being able to admit it is the first step."

June Row
 TOPS #ID 157, Boise

"Most of my friends were thin and could wear any style of clothes they wanted. I had to wear chubby sizes. The children at school and my brother joked about my weight, but that didn't bother me. Then I received my school photos and I didn't want to show them to anyone. I realized I was going into junior high school, and I didn't want to be overweight. I decided I had better do something about it right now!"

Lisa Larson
 TOPS #CA 1622, Newark