

# THE SCALES

By Marcia Peddicord

The Scales enters. The Scales can be very low key (i.e. dressed normally and just hold out his/her arm to indicate the bar on the scales) or very creative (dressed in a scale costume) or somewhere in between (wrap a phone book in brown Kraft paper and draw feet on it to indicate a scales to step on). Scales: Hello, I am a scales. Aside from you humans, I am one of the most important aspects of TOPS. I am at your chapter faithfully every week so that I can report how well you have done. As you can imagine, I have met lots of people who come to weigh on me. Today, I will tell you about just a few of them. The first type of person to weigh on me is the CHEATER. Now the CHEATER knows that the most accurate weight is to have those heels right on the back of the scales. But the CHEATER figures that if she moves her heels back just a little more, she will be lighter, and lighter. Well, see for yourself.

CHEATER enters and carefully steps onto scales, making sure to place her heels at the very back of the scales. (The Scales indicates that she has gained by shaking her head NO or holding up a sign that says, "Sorry, A Gain"). Then she scoots her heels backwards a little more, then a little more, then a little more (each time the Scales indicates a gain), until she falls backwards off the scales (just wave your arms and pretend to fall backwards off the scales). She walks off dejectedly.

Scales: What a shame! The next person who comes to weigh on me is the STRIPPER. The STRIPPER thinks that excess clothing is the cause for her weight gains. So she takes off more and more - oh I can hardly bear to watch. (Covers her eyes with her hands, but spreads her fingers to watch).

STRIPPER enters. She has a long sleeved sweater, bracelet, necklace, watch, slip-on shoes, earrings, etc. She takes off as much as possible, leaving it in a pile on the table or floor beside the scales. She starts to unbutton the first button of her blouse, then stops and steps on the Scales. The Scales indicates a gain and goes off sadly.

Scales: Doesn't she realize that the fat is on the inside, not on the outside?

The next type of person who comes to weigh on me is the PRAYER. She thinks that she can be bad all week long and then a heartfelt prayer sent heavenward on weigh-in night will fix everything. Let's see.

PRAYER enters. She looks up at the sky fervently and says, "Oh please, if I can just lose today, I will never eat \_\_\_\_\_ (your favorite item that makes you gain) again!" She steps on the Scales and the Scales indicates a gain. She walks off crying softly.

Scales: What the PRAYER doesn't understand is that sometimes the answer to prayers is "NO!"

Next is the person we Scales fear the most - the STRANGLER. She thinks that it's MY fault she gained - as if I deliberately force food into her mouth. What can I do? OH NO, here she comes now. (Act scared).

STRANGLER enters in a really good mood, smiling and happy. She gets on the Scales and when the Scales fearfully indicates a gain, she goes wild (pretend to choke Scales and say out loud "It's all your fault! This Scales must be broken"). STRANGLER exits, grumbling. The scales rubs her neck, momentarily stunned.

Scales: Whew! That was close! She's killed three bathroom scales at her home already this year.

The last person to weigh is the favorite of the Scales - the HUGGER. She follows the program in "The Choice is Yours", keeps a food diary and exercises regularly. I can see why she's a KOPS. Here she comes.

The HUGGER enters. She steps on the Scales and the Scales smiles proudly shaking her head YES or holds up a sign that says "Congratulations!" She gives the Scales a big hug and walks away happily.

Scales: That's all the people I'm going to tell you about today. Just remember, whether you are a CHEATER, A STRIPPER, A PRAYER OR A STRANGLER (rub your neck), try to be more like the HUGGER. Eat according to a balanced food plan, keep track of the food you eat and exercise regularly. That way you'll always make me happy and I'll always make you smile. Thank you and See you at the Scales!

THE END.