Alice 117

By Mollycoddles

“I’m sorry, Alice, but I think it’s best if you left this group.”

Alice’s jaw dropped. She could not believe what she was hearing! Sure, she knew that there would be consequences for what she had done. Alice had joined Dr. Shaw’s weight loss support group at her mother’s behest, in hopes that a community of like-minded girls would encourage Alice to finally put the brakes on her out-of-control gains. After all, Alice was huge. A big blubbery blonde who weighed in excess of 500 pounds before she’d even graduated high school, Alice had never met a treat she wouldn’t gobble, an exercise she wouldn’t avoid, or a diet that she wouldn’t cheat on. But Dr. Shaw was always so kind and understanding of the fat girl’s constant dilemmas… until now!

“B-but, Dr. Shaw! You can’t just k-kick me out!” blubbered Alice, her lips quivering. She shifted in her seat, painfully aware oh how her love handles spilled over the arm rests. Why were there chairs with armrests here anyway? How could anyone expect her to comfortably fit into one of these tight little chairs? “I… I’ve worked so hard!”

“That’s just it, Alice. You haven’t. You cheated.”

Alice was silent. She didn’t have anything to say to that, because Dr. Shaw was right. She was too embarrassed to admit that the diet support group wasn’t helping at all. Sure, she came every week, she stood in front of the group and told them all about her diet dilemmas and her treat temptations… but she would backslide into gluttony again the moment that she left! How many times had she driven directly from Dr. Shaw’s weight loss support group to the mall food court? How many times had she driven through some fast food joint or other on her way home? Alice was hopelessly addicted to eating – she loved the taste of delicious food on her tongue and she loved the satisfied pleasure she got from a full up belly – so what chance did an hour of talk every week have to curb her enthusiasm for stuffing her fat face?

As weeks went by and Alice showed no signs of actually slowing her expansion, the poor little blimpette realized that she would have to take drastic steps to avoid having either Dr. Shaw or her mother realize the truth. Conspiring with the other girls in the group, Alice had sabotaged the scale in Dr. Shaw’s office, so that it always read 5 pounds under. And then, to complete the illusion, Alice started binding herself in a spanx girdle to help restrain her explosive belly. The deception would have been hard enough to maintain if Alice’s weight had plateaued. But, since she was actively gaining while she wanted to give the impression that she was actively losing… that meant that she had to keep lacing her girdle tighter and tighter as well as adjusting the scale more and more. And then, finally, inevitably, there came the day that she laced her girdle TOO tight and the overburdened garment finally couldn’t take it anymore, exploding into shreds as Alice’s voluminous belly finally reasserted itself with a vengeance! But unfortunately that moment of truth could not have come at a worse time… it happened when she was on stage for the Nikki Lake taping!

You wouldn’t have believed it to look at her enormous belly, wide hips and chubby bottom, but Alice was a cheerleader. In fact, at a mere 545 pounds, she wasn’t even the heaviest cheerleader on her squad. That distinction went to the cheer captain, Laurie Belmontes, who, like Alice, had become so hopelessly addicted to food that she had ballooned up to 630 pounds. Together, Alice, Laurie and their teammate Jen had performed a fat positive cheer routine at the big game in an attempt to own their ever increasing sizes and, surprisingly, the gambit worked! Videos of the routine went viral and eventually the three girls were invited to appear on an episode of the daytime talk show Nikki Lake. That’s where things started to go wrong! Nikki had embarrassed them on live TV and all Alice’s embarrassing secrets about her weight gain deceptions came tumbling out… and even worse, she’d split her girdle right there in front of all the cameras! There was no way that she could deny the truth anymore: that she was an out-of-control pig, a gluttonous hog so far gone that she was rapidly eating herself round.

And it seemed like Dr. Shaw was not happy to learn that one of her pupils had been playing her the whole time. Or rather that ALL of her pupils had been playing her.

Across from Alice sat the other group members, Kayla and Jody. The two girls fidgeted nervously, both realizing that the gig was up. Kayla was a thick black girl with a knock-out (if overfull) hour glass figure complete with big boobs and wide hips packed into a pastel pink tracksuit; Jody was an apple-shaped trans brunette with a plump belly and hefty thighs straining her T-shirt and jeans respectively.

“Dr. Shaw, don’t blame Alice!” said Kayla. “It wasn’t even her idea. It was me. I was the one who said we should sabotage the scale.”

“Yeah, and I was in on it too!” piped up Jody. “We’re so sorry, Dr. Shaw! We just… we didn’t want to disappoint you!”

“Well, I am very disappointed,” said Dr. Shaw, leaning back in her seat. She removed her glasses and rubbed her eyes in exasperation. “What am I supposed to think? The entire point of this group is honesty and now I find out that you’ve all been lying to me!”

“We just thought you were upset cuz we started gaining weight again!” said Jody.

“Yeah, and when did THAT start?” snapped Dr. Shaw.

The three girls looked at one another sheepishly. They had never seen Dr. Shaw so angry before! But they all knew the answer to her question. It was when Alice joined the group. Alice was 500 pounds when she first arrived, so fat that Jody and Kayla always felt slim in comparison. And with that sudden new confidence, they started to slack on their own diets. It also didn’t help that Alice herself was such a bad influence! Alice couldn’t stop herself from snacking, going so far as to sneak candy bars and snack cakes into the meetings, and Jody and Kayla both started to follow her example. All three girls were soon expanding! They couldn’t remember exactly who had first suggested that they sabotage the scale in Dr. Shaw’s office to hide that fact but…

“This all started when you joined our group, Alice,” said Dr. Shaw. “I’m sorry, but you’re a bad influence on these girls.”

“That’s… that’s not fair!” cried Alice. She was almost in tears. She didn’t think she would ever lose weight, honestly, but Kayla and Jody were her friends… and right now, she needed all the friends that she could get! Things were getting really crazy for her. Sure, Alice’s relationship wit her mother seemed to have improved since her Nikki Lake appearance and she was relieved to find out that Tyler wasn’t mad at her for her encounter with Chris… but she was upset to find out that her friendship with Jen and Laurie was all a sham. And now Dr. Shaw was going to toss her out too? This was awful!

“How much did you weigh when she joined our group, Alice? 500 pounds?”

“Uh… yeah.”

“When they put you on the scale on Nikki Lake, you weighed 545 pounds. You haven’t lost a single pound... in fact, you gained nearly 50 pounds! You don’t think that’s a little extreme?”

“I dunno,” Alice huffed, looking away and trying to cross her legs indignantly.

“And if we weighed you now, Alice, how much would you weigh? Are you still 545 or have you gained even more?”

Alice gulped. She wasn’t sure. She had definitely been binging a lot since her return from LA, drowning all her sorrows in food. It was entirely possible that she was even bigger now. She might have even surpassed Jen, who had weighed 550 pounds at weigh-in.

“Do you want to show us, Alice? Would you like to step on the scale and show us just how much you really weigh now? No tricks this time, Alice; I’ve fixed the scale and we’re going to learn the truth.”

Alice gulped again. It sounded like a toilet plunger. She glanced nervously over at Kayla and Jody. Both the other girls stared back helplessly.

Alice placed her pudgy palms against the armchairs and pushed herself to her feet, grunting loudly with the effort. The chair groaned in relief as the hefty honey’s enormous bottom lifted off the seat. The chair seat sagged miserably, its spirit completely broken by Alice’s colossal weight. Alice glanced over at the scale in the corner, the scale that she had sabotaged. It was no longer sabotaged. It was not going to tell her anything but the cold, hard truth. Alice broke out into a cold sweat, her palms clammy, her breathing shallow. She was terrified to face her own weight. Was it possible that she could weigh even more now than she had during her public shaming on the Nikki Lake show?

Alice’s mind was racing. So much had happened recently. She thought about her mother and how she had come to Alice with such soft words and a conciliatory tone, how her mother actually seemed to be finally accepting her as she was for once. She thought about how Tyler loved her, how he treated her like a queen, how he lusted over her size. She thought about all the other boys who were so interested in her now that she was as big as a cow. She thought about Marty, about Chris, about all the men (and even the women) who sent her excited, horny messages after her cheer routine had gone viral. She thought about Natalie McTaggert, she thought about all the things that Natalie McTaggert had said on the Nikki Lake show. As much as it pained her to think about Laurie and Jen now, she thought about all the pep talks and encouragement she’d received from her two (former) best friends.

And she thought… no.

“Actually… no.”

Dr. Shaw raised an eyebrow. Kayla and Jody goggled.

“Excuse me? What was that, Alice?”

“I… I don’t think so,” said Alice. “If you’re gonna kick me out anyway, then… why should I get on the scale? I don’t need to. If there’s anything I’ve learned from this whole experience, I don’t think I’m meant to lose weight. I… I don’t think I’m gonna. I think I’m just gonna leave.”

Everyone stared in disbelief as Alice turned around and waddled her way out of the room without another word.

“Alice! Alice, wait!” cried Dr. Shaw. She hadn’t expected this! She didn’t expect Alice to actually just walk out!

Jody lurched to her feet. “I think I’ll go too.”

“What!? But Jody… you were making such good progress!”

Jody shrugged and followed Alice.

Kayla stood up.

“Oh, not you too, Kayla!”

“Sorry. See ya, Dr. Shaw!”

Dr. Shaw sat alone in the room after all of her pupils had left. She was absolutely gobsmacked! She had never in 100 years expected that Alice, Jody, and Kayla would just leave! The girls had always seemed so dedicated to losing weight… at least until Alice had darkened their doorway with her outrageously rotund figure. But Alice’s casual attitude toward her weight had proved contagious, and now there was no going back. The blonde blimpetted had showed them a whole new world of indulgence and gluttony and now they were wager to continue down that path. Dr. Shaw had completely failed.

Dr. Shaw shook her head, a slight smile at the corners of her mouth. Yeah, by all objective measures she had failed her students. They hadn’t lost a pound… in fact, they’d gained tons! But, in a weird way, she was almost proud of them. Maybe they had learned something more important.

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“I can’t believe that we all just quit Dr. Shaw’s group!”

Jody reached for another slice of pizza. She, Kayla, and Alice had regrouped at the food court at the Los Hermanos mall for lunch and, of course, lunch had turned into a multi-hour bitching and eating session. Alice was hopelessly addicted to food and would simply eat forever as long as there was food in front of her, and her influence was fast turning Kayla and Jody into irredeemable gluttons as well. Now that she was fast approaching 600 pounds, Alice almost always needed two or sometimes even three chairs to support her wide load rear; today was no exception. The blubbery blonde’s fat tush slopped over the sides of her chair so far that she had to push up an extra chair on either side to hold her up. Kayla and Jody could still fit their (relatively) slimmer bottoms onto a single chair each, but who knows how long that would last? Probably not much longer if they keep eating the way that I wat, thought Alice grimly. She felt a twingle of guilt deep in the pit of her gigantic stomach. Was this all her fault? She never meant to get Kayla and Jody in trouble! She didn’t mean to set such a bad example for them that they would fall completely off their diets and follow Alice’s waddling footsteps into temptation!

“You two didn’t have to quit just cuz I did,” said Alice quietly. She stared down at the greasy paper plate on the table in front of her and wished that there was another slice there. Jody was happily chomping her way through the last slice of the girls’ third pizza of the afternoon.

“Of course we did,” said Kayla. “This is fat girl solidarity! Alice, when you got up on that stage on Nikki Lake, you showed us that we don’t have to take this kind of shit anymore. Why should we? We’ve always been fat, yeah, so what? Maybe we like to eat. Should we apologize for that? Hell no!”

“R-right.” Alice nodded. She wished that she could share Kayla’s easy confidence. Both Kayla and Jody had been so supportive to her, and Alice could only think about how she had led them astray.

“Speaking of bein’ fat, oof, I gotta loosten my drawstring,” muttered Kayla, leaning back in her seat and reaching for the waist of her pink pastel track pants. The curvy black girl had grown curvier in recent weeks, to the point that her tank top was riding up to reveal her pudgy caramel-colored chub sagging over her waistband and her plump boobs were rising from her neckline like bread dough. Kayla poked at her track pants in a vain attempt to find the drawstring (her ample balcony of boobage made it hard for the tubby girl to get a visual bead on the problem), but quickly found that her drawstring had already been completely subsumed into her waistband. Her pants were already pushed to the limits of their stretch. “Aw, damn. Guess that’s it for this pair. Ain’t no way I’m getting these any looser.”

“We can go shopping when we’re done here!” piped in Jody. The rotund brunette’s pizza belly sagged against her thighs, her overstretched T-shirt slowly sliding up the arc of her middle when she breathed. Her over-sized jeans were already unsnapped and she could feel just how tenuous the grip of her zipper teeth was… at any moment, if she inhaled too deeply, she could expect to feel her zipper tab slip down to reveal the white cotton fabric of her straining knickers. She patted the side of her gut and burped softly, blowing pepperoni breath across the table. She blushed. “Oh! Excuse me!”

“No excuses, Jody, we’re all friends here, huh?” said Kayla. “Fellow fat girls stick together!”

“Yeah!”

“Hmm. Yeah.” Alice’s mind was too distracted to listen to what her friends were saying. She shifted in her seat, wincing at the sound of her chairs creaking. Maybe it was a good thing that there wasn’t anymore pizza! The last thing that Alice needed was more calories, if she wanted to end this meal without breaking her chairs!

“If you guys want to go shopping for bigger clothes, I think I have an idea. We could go to the lingerie shop at the other end of the mall?”

Kayla chuckled. “Girl, I don’t need new underwear! Not yet, at least.”

“No, I don’t mean for that! I mean, my friend Abida works there and she’s an expert tailor. I was trying to save money for a while, so I couldn’t buy any new clothes and, well, it was a real problem cuz my weight, well, it wasn’t stopping. But Abida altered my clothes for me for free! I bet she would do the same for you guys!”

“Abida… isn’t that the girl that Laurie’s been dating?”

“Oh… yeah.” Alice paused. That was right! Laurie had blurted out when she was on stage during the Nikki Lake taping that she was involved in a polyamorous relationship with Frank and Abida. Now Alice wasn’t so sure anymore. What were Abida’s loyalties? Laurie had also revealed that she’d been secretly fattening Alice up for the past year. Alice wasn’t speaking to Laurie now, but she wasn’t mad at Abida… or should she be? Had Abida known? And was Abida now taking Laurie’s side? Was she mad at Alice? Alice just wasn’t sure about anything!

She heaved a heavy sigh, slumping in her chair. Alice loved Kayla and Jody, they were good dear friends… but she also missed Laurie and Jen! Over the past year, she had grown so close with them, to the point that she considered them literally her BFF! And yet now, she learned that her whole relationship with them was based on a lie. What was she supposed to think? She hated to think that her best friends were now once again enemies, but how could she trust them ever again after that?

Plus… it wasn’t just that she was super good friends with Jen and Alice, it was also that they were the only people in the world who really understood what it was like to be in Alice’s shoes! Kayla and Jody were fellow fat girls, sure, but they weren’t massive heavyweights like Alice. Each of them was barely edging up on 300 pounds, meaning that combined the two girls might have equaled one Alice. They didn’t know what it felt like to be so fat that nothing in the world was designed for you anymore – Alice was so fat that she couldn’t squeeze behind the desks in school, so fat that she had to use the double-wide handicapped stall in the restroom, so fat that her gut pressed against the steering wheel of her car even when she pushed the seat back as far as it would go, so fat that she needed help getting out of bed in the morning, so fat that she needed help to get dressed or tie her shoes… Only Jen and Laurie were fellow fat girls in that sense, massive bloated heifers who understood what it meant to be so fat that people treated you like, well, like a freak. It wasn’t Jody or Kayla’s fault that they didn’t understand, how could they? But, if they kept stuffing their faces with reckless abandon, if they kept looking to Alice as their tubby role model, then they would probably each be big enough to understand Alice’s situation in no time. What was it about the cheerleader chunkers that seemed to encourage that? Alice thought about Jen’s mentoring relationship with the cheer team’s newest recruit, Gloria, and how Gloria rapidly ballooned into a big booty fat ass almost as wide as her cheer teacher.

Ugh! Alice shook her head. She really did not want to be thinking about Jen right now. Or Laurie! It would just make her depressed.

Buzz buzz! A sudden vibration in her butt drew her attention and jolted her out of her thoughts. Her cellphone was buzzing. Alice had stashed her phone in the back bottom of her mega-sized maternity jeans and she could feel the vibrations urgently reverberating through her butter-soft butt blubber. With a grunt, she reached behind her and attempted to pull the phone from her pocket but it was no good. Her butt was too big and her flabby arm was too short. Alice was so rotund that she didn’t have the flexibility to reach that far anymore!

With a sigh, Alice shifted in her seat, aiming her big round ass at Kayla. “Um, Kayla? My phone is ringing. Could you get it for me?”

Kayla shoved the last bite of her last slice of pizza into her mouth and, though bulging cheeks, mumbled ascent. She plucked the phone from Alice’s pocket with some difficulty – Alice’s pants were tight enough that the phone was tightly pressed between layers of denim. Kayla handed it over and Alice snorted to see the name of the caller. It was Jen.

“Oh no! It’s Jen! What’s she want?”

“Why don’t you answer it and see?” said Jody.

Alice paused. She probably should. She wondered: Was Jen calling to apologize? To explain herself? To make amends? To make excuses? Maybe this friendship could be salvaged. After all, Jen had technically confessed to the whole plan already because she felt so bad about it. Maybe that was a sign that Jen actually DID value her friendship with Alice after all. But then again… Alice felt a sudden flash of white hot rage. Then again, she couldn’t just forget what Jen had done to her! Alice weighed nearly 600 pounds, she was as big as a house, and it was all about of Jen and Laurie! Okay, maybe not ALL because of them… the truth was that Alice had willingly eaten herself into obesity all by herself, but, well, she might be slightly slimmer now if it hadn’t been for Jen and Laurie’s Machiavellian scheming! She couldn’t just let them totally off the hook!

“No,” said Alice firmly. “I don’t think I want to talk to her now.” She pressed her chubby finger against the button to ignore the call and the buzzing stopped.

“Wow, Alice, I can’t believe you’re ghosting her like that!” said Jody. “I always thought you said Jen and Laurie were your best friends!”

“They WERE my best friends,” said Alice. “I don’t know what we are now. They used to be really mean to me back in the day, always teasing me about my weight, so when they started to be nice to me, maybe I was too eager to be accepted. Maybe I should have been more suspicious! Well, I’m not gonna make that mistake again!” She leaned over in her seat, lifted her overhanging love handle, and attempted to shove her phone into her hip pocket (the sudden movement caused the snap on her fly to bust open with a quiet “pop!) -- but her pants were too tight for that to work. She turned to Kayla. “Kayla, could you put this back in my back pocket again?”

“Sure thing.”

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“Um, I guess she’s not home? Like, she’s not answering her phone…” Jen paused to think about what she’d just said. Of course it didn’t make any sense. What would it matter whether Alice was home or not? She was calling Alice’s cellphone, so of course it would be with Alice whether she was home or not! Alice was obviously choosing not to answer.

Jen bit her lip. “Um… maybe she’s, like, out of reception or something? Like, that could happen.”

She shifted her weight, her best sagging under the heft of her colossal bottom. The pear-shaped brunette was relaxing at home. She was wearing nothing but her underwear, her plump breasts almost overflowing her tight bra and her voluminous ass eating up her gigantic granny panties until they looked like a thong clenched between her big fleshy cheeks. Jen was almost 600 pounds, most of her extra blubber concentrated into a butt so big that she was starting to get stuck in doorways unless she turned sideways. And, like Alice, there was no way that Jen could ever hope to perch her entire rear upon a single chair. More often than not, Jen’s tush had graduated to three chair status.

Probably the most disturbing thing about Jen’s escalating poundage was the fact that she was having more and more trouble finding clothes that fit. She had long since given up on wearing anything other than sweats or stretch pants, knowing that any non-stretch pants that she managed to pull up over her bodacious booty would always be too loose in the waist. But now Jen was starting to reach the limits of even her stretchiest fabric. She found life a lot more rewarding when she simply gave up on clothes altogether, so now she spent most of her day either just lounging in her underwear or completely nude. She only squeezed herself into clothes when she had to go out or meet anyone, but otherwise she was perfectly happy to go completely commando. For now, that was her choice. But eventually, if she kept blimping at her current rate, she might just reach the point where she would be forced to be nude all the time simply because they no longer made clothing big enough to fit her. Jen’s friend Laurie had, for all intents and purposes, already reached that point, so that Laurie’s only non-custom made clothing were big shapeless mumus and baggy house dresses. And considering that Laurie’s lifestyle was rapidly ballooning her into USSBBW status, it was anyone’s guess how long those would last.

Ugh, Laurie! Jen was still sooo pissed at Laurie! She couldn’t believe that her best friend since middle school had been keeping secrets from her! And she was pissed that Laurie had started that whole stupid plan to trick Alice into getting fat. Jen’s normally placid face fell, a look of despair across her plump features. No. That wasn’t right. The truth was that Jen was just as pissed at herself for going along with it.

In hindsight, the whole thing seemed so obvious. Of course, it was super shitty to pretend to be Alice’s friend and to trick her into gaining weight! Jen always knew that, but somehow she had convinced herself that it was okay for her to go along with Laurie’s plan instead of telling the truth to Alice. And over the past year, Jen had genuinely grown to like Alice. Eventually, she put her foot down. Sort of. She had finally told Laurie that she wouldn’t help her with this crazy plan anymore, that she wasn’t going to keep lying to Alice! She should have told Alice the truth right then and there, but… well, Laurie convinced her not to say anything. Why did she always listen to Laurie? Jen frowned. She wasn’t a smart girl, most people thought she was kind of an airhead. And poor Jen was well aware of that. Everybody just thought of her as a big butt bimbo, a dopey ditz who went along with anything that Laurie told her. But this was too much! She took a stand, yeah… but maybe it was too late.

“Like, Alice, why don’t you answer your phone?” whined Jen, staring at her own cell. “I, like, just wanna say I’m sorry! Like, please?”

She knew she would have to find some way to make things up to Alice. For now, Jen felt almost as alone as her bloated blonde friend. Sure, she had smoothed things over with Craig… her boyfriend at least didn’t seem angry anymore about Jen’s lesbian encounter. In the hotel room, the night before the Nikki Lake appearance, Jen and Laurie had gotten totally sloshed on cheap booze to the point that they started making out… and then… well, that had led to more intimate experiences. Jen’s empty head still buzzed when she thought back on that night. What did it mean? Was she a total lesbo? She knew now that Laurie definitely was, like, bisexual or something, right? Laurie had confessed to threesomes with Frank and Abida. And Jen… Jen was kinda pissed about that! Honestly, she was jealous! She and Laurie had been besties since middle school, since that day so many years ago when they met at cheer camp, since that day that a young flat-chested Laurie (yes, it was hard to believe… but there was time that Laurie was actually flat!) had defended her fat-bottomed bunkmate against a gaggle of teasing bullies. They had been inseparable ever since. So if Laurie was gonna do it with a girl, why didn’t she do it with Jen? What made Abida so much better than Jen!?

“Like, I’m not a big fat lesbo,” said Jen to herself. “Um, right? No way, I like Craig way too much. And, like, I totally like dick too much to be with just girls. But, like, if I was gonna do it… like I’d make an exception for Laurie? Like, just for Laurie, though.”

Jen nodded to herself. Yes, that all sounded right in her head.

She stared at her phone. She considered, briefly, whether she should call Laurie. Maybe she should be the one to offer the olive branch. To get things rolling to put things right.

She shook her head.

“Um, like, no. Laurie started this. Laurie, like, caused all this. If Laurie still wants to be friends, like, SHE can call me.”

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Molly Coddles is a longtime writer of weight gain, inflation, stuffing, and expansion erotica who loves big girls and everything about them! If you enjoyed this story, please consider leaving a review on Amazon to tell other readers’ what you thought! You can also find more of my work at the following addresses:

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Best wishes,

Molly Coddles