

The Twelve Traditions of GreySheeters Anonymous

- 1. Our common welfare should come first; personal recovery depends upon GreySheeters Anonymous unity.**
- 2. For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants - they do not govern.**
- 3. The only requirement for GSA membership is a desire to stop eating compulsively.**
- 4. Each group should be autonomous except in matters affecting other groups or GSA as a whole.**
- 5. Each group has but one primary purpose - to carry its message to the overeater who still suffers.**
- 6. A GSA group ought never endorse, finance or lend the GSA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.**
- 7. Every GSA group ought to be fully self-supporting, declining outside contributions.**
- 8. GSA should remain forever nonprofessional, but our service centers may employ special workers.**
- 9. GSA as such ought never be organized, but we may create service boards or committees directly responsible to those they serve.**
- 10. GSA has no opinion on outside issues; hence the GSA name ought never be drawn into public controversy.**
- 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and film.**
- 12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.**

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