

## Memo to Media

Adapt this memo as needed for distribution to media representatives in your area who wish to interview GSA members.

**Date:**

**To:** Media Representative

**From:** GreySheeters Anonymous

**RE:** Interviewing members of GreySheeters Anonymous

Thank you for your interest in GreySheeters Anonymous World Services, Inc. (GSAWS). As you may already know, GSA is a 12-Step fellowship that relies on 12 Traditions to keep our fellowship healthy and viable. These traditions also govern our interaction with the media. Specifically:

Tradition 5 states: “Each group has but one primary purpose—to carry its message to the compulsive eater who still suffers.”

Tradition 11 states: “Our public information policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and film.”

Tradition 12 states: “Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

Our primary purpose is to live without eating compulsively one day at a time and to help other compulsive eaters to achieve abstinence. You can play an integral role in helping increase awareness about our unique solution. To that end, we are supplying you with information and/or members to interview.

In return we request:

- **Complete Anonymity**—Please respect the confidentiality of our members. It is vital to their recovery. We ask that you identify GSA members by their first name and the first initial of their last name. No GSA member should be recognizable by appearance, face or voice. GSA members’ phone numbers and addresses are not to be given out.
- **Contact Information**—As part of any segment mentioning GSA, we ask that you list our contact information. Please use the following:  
GreySheeters Anonymous World Services, Inc.  
[www.greysheet.org](http://www.greysheet.org)  
[greysheet@greysheet.org](mailto:greysheet@greysheet.org)  
+1 832-856-1058

## GSA International Public Information Manual (2014) Reformatted 2023

- **Documentation**—Please supply us with tear sheets, cassettes, MP3's or videotapes of your article or broadcast no more than five days after the piece or segment appears. Send to the mailing address or e-mail address listed above.
- **Disclaimer**—Because there are no experts on compulsive eating in GSA—just one member helping another member—we ask that you make the following statement to your audience: “The stories shared today express the opinions and experiences of the individual member(s), and not necessarily that of GSA as a whole.”

Thank you for your interest in GreySheeters Anonymous and we hope that we have been of service to you as well as to the compulsive eater who still suffers.

Sincerely,

Name  
Chairperson, GSA Public Information Committee