

Can't Stop Eating?

Are you obsessed with food?

Are you unable to control your eating?

Do you feel elated when you eat sugar, starches, and/or other carbohydrates?

Do you eat to change the way you feel?

Have you eaten even when you were not hungry?

Have you tried virtually every diet and weight loss program available?

Have you considered stomach surgery to manage weight?

Have you tried bingeing and purging with or without laxatives?

Do you have inordinate cravings for particular foods?

Do you turn to food to get you through stressful or emotional situations?

Do you have problems at work or in relationships as a result of your eating?

Do you love and/or hate food and what it does for/to you?

If you answered “yes” to three or more of these questions, you may be a compulsive eater, and GSA can help you.



GreySheeters Anonymous

What Is GreySheeters Anonymous?

GreySheeters Anonymous (GSA) is a Twelve Step fellowship of people who share their experience, strength, and hope with each other to recover from compulsive eating. Our primary purpose is to stay abstinent and to help other compulsive eaters to achieve abstinence. For that purpose, we explore together the utilization of the program of Alcoholic Anonymous in arresting compulsive eating.

What Is Abstinence?

GSA defines abstinence as three meals a day, weighed and measured without exception from the GreySheet food plan, with nothing in between, except black coffee, tea, zero-calorie diet soda or water.

Is GreySheet for Me?

The best way to know whether GreySheet is for you is to attend at least six GSA meetings and see if you can identify with other members. In-person, telephone, and video meetings are available to members around the world.

How Do I Get Started?

Just email greysheet@greysheet.org or call 832-856-1058. A qualified sponsor will get back to you within 48 hours. Visit www.greysheet.org for meeting lists and resources.