

Disclaimer: In accordance with GreySheet principles: “Before you choose any plan, see your doctor. If you have a medical problem, follow your doctor’s plan. You will still be abstaining from compulsive overeating.”

Furthermore, no trusted servant for the GSA Phone Bridge (leader, booker, treasurer, GSR, sponsor, etc.) claims to have medical expertise or promises members medical or mental health recovery as a result of participating in a phone bridge meeting. Any medical or mental health statements or promises so made do not represent the opinion of the GSA Phone Bridge; nor are GSA Phone Bridge Intergroup, its Officers or GSAPB trusted servants responsible for such representations. Anyone in a service position making these statements will be asked to stop or to step down from their role as trusted servant.

GreySheet abstinence as we define it is described in our GreySheet Group Purpose, below. Following a doctor’s plan is not the same as being GreySheet abstinent. All members are welcome to come to our meetings; however, members may not hold service positions if they do not meet the requirements below.