**Sponsor/Sponsee:** The special relationship that we have with the person to whom we commit our food and who guides us in all things GreySheet.

**Stick with the Winners:** We spend plenty of time with GreySheeters who put their abstinence first and are truly working their program so that we can maintain our own abstinence.

**Surrender:** Surrender is 100% acceptance that we are compulsive eaters. Weighing and measuring our meals without exception from the GreySheet no matter what, and being able to honestly pray to our Higher Power “Thy will (not mine) be done.”

**Take What You Want and Leave the Rest:** This refers to what we hear in meetings or elsewhere, not the GreySheet food plan.

**Take Your Mess to Your Sponsor and Your Sponsor/Sponsee:** The period, usually 90 days, when we become abstinent back-to-back on the GreySheet and we experience the physical effects of the absence of the foods we are allergic to/addicted to. Physical effects can include tiredness, irritability, overwhelming desire to eat, and so on.

**Without Exception:** Following the GreySheet and weighing and measuring our food in all situations, no matter who (tries to sabotage your abstinence), no matter when (birthdays, holidays, etc.), no matter where (parties, restaurants, dates, parents’ house, etc.), no matter what (the best or the worst life brings you).

**#10 meal(s):** GreySheet meals you particularly enjoy. Not all weighed and measured meals will be #10s, but they will all be abstinent.

You are embarking on a great adventure that will change your life forever! We welcome you with open arms. You are the future of GreySheeters Anonymous.

For more info, visit [www.greysheet.org](http://www.greysheet.org)

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**GreySheet Definitions & Slogans**

**Abstinence:** Three weighed, measured, and committed meals a day from the GreySheet with nothing in between but black coffee, tea, or diet soda, without exception.

**Act as If (sometimes called Fake It Till You Make It):** When we act in an honest, healthy, and abstinent way even if it does not “feel like us,” it will eventually become the way we behave naturally and automatically.

**Ask for Help and Accept It:** We do not try to do this on our own or with minimal help. We get help now so that we can help someone else later. We are not afraid to ask our sponsor.

**Attitude of Gratitude:** We keep foremost in our mind the great gift of abstinence and how it is saving our lives.

**Attraction vs. Promotion:** We do not “sell” GreySheet. By making GreySheet better known, the people who need it will naturally come to it.

**AWOL ("A Way Of Life"):** A method of working the 12 Steps in a closed group setting.

**Back-to-Back:** Days, months, or years of uninterrupted abstinence.

**Backup:** Taking a sufficient supply of abstinent food with us wherever we go in case we cannot get the food we need to stay abstinent.

**Bedroom Slippers:** A mental health day, doing nothing but weighing and measuring 3 meals a day and going to bed abstinent.

**The Biggest and the Best:** Making our abstinent meals as satisfying and delicious as possible. This is not a program of deprivation.

**Came for the Vanity, Stayed for the Sanity:** Coming into GreySheet to lose weight and look better but finding we got freedom from the obsession and that we never have to eat compulsively again.
Coming into the Rooms: Coming to GreySheet (typically after trying numerous other ways to achieve weight loss).

Cunning, Baffling and Powerful: Keeping in mind that the disease we suffer from will use any means to try to take away our abstinence.

Cup (verb): To measure food using a measuring cup.

DENMW (Don’t Eat No Matter What): No matter what happens, how we feel, where we are, or whom we are with, we do not eat any foods that are not on the GreySheet, any foods in between meals, or any foods that have not been approved by our sponsor.

Doing Service: Taking on positions of service in GreySheet; we do not lead, we are trusted servants.

ESH (Experience, Strength and Hope): When sharing we tell what it was like, what happened and what it is like now. We concentrate on past efforts to control our addiction, how we came to GreySheet, and what GreySheet has done for us.

Face-to-Face: A meeting in person.

Fake It Till You Make It: (see Act as if)

Feelings Are Not Facts: Our feelings may not agree with our actions at times but we just keep weighing and measuring no matter what.

Food in One Hand, Life in the Other, and We Don’t Clap: We do not let any other part of our life interfere or interact with weighing and measuring and eating what we committed.

HALT (Hungry, Angry, Lonely and Tired): Times when we particularly need to guard our abstinence.

Home Group: The face-to-face or phone meeting that we attend most often.

Hostage Meals: When travelling we keep at least one weighed and measured backup meal ready in case something happens to the meal we planned to eat or if we get stranded somewhere.

HOW: Honesty, Open-mindedness and Willingness.

HP (Higher Power): God as we understand Him. We do not need to prescribe to any particular religious point of view. Even if we define HP as the collective conscience of longtime abstinent members of GreySheet, that is enough.

HP Is Already There: No matter what situation we are getting ready to face, our HP can be counted on to help us.

IDENMW: I Don’t Eat No Matter What (see DENMW)

If You Want What I Have, Do What I Do: To achieve abstinence, we follow the instructions of our sponsor, no matter what other people say or do. In the beginning we do not concern ourselves with “why.” We weigh and measure and follow directions exactly, whether they make sense to us or not.

Keep It Green: Remembering why we came to GreySheet in the first place and how much it has changed our life and freed us from compulsive eating.

Keep Your Eyes on Your Own Plate: We don’t pay attention to what others are eating — whether they are GreySheeters, family members, or coworkers.

KISS: Keep It Simple, Sweetie.

Last House on the Block: Many people who come to GreySheet have tried countless other ways to solve their eating problem, and feel that if they were to leave GreySheet there is nowhere else to turn.

Let Go and Let God: Accepting the things we cannot change. For example, follow the GreySheet and you will get to where your weight needs to be when it needs to be there.

Mantra: A brief summary of what abstinence is and what it has done for us, usually recited word for word when we introduce ourselves at a meeting. For example: “My name is _____. I’m a compulsive eater/anorexic/bulimic and I weigh and measure my food without exception off the GreySheet.”

Meeting Makers Make It: GreySheeters who go to meetings and make outreach calls have a much easier time staying abstinent.

NMW: No Matter What (see DENMW)

“No” Is a Complete Sentence: We do not have to explain what we do to anyone. When offered non-abstinent food, or invited to an event that might threaten our abstinence, we can simply say “No” or “No, thank you.”

ODAAT: One Day At A Time.

One Is Too Many and a Thousand Is Not Enough: We cannot stop at just one; otherwise we would not be compulsive eaters.

Outposts: Areas of the country or the world where there are not enough GreySheeters living close to each other to have a regular face-to-face meeting.

Phenomenon of Craving: What happens when we are eating compulsively. This craving is triggered by the food we are addicted to/allergic to (sugars, grains, starches, carbs) and makes it impossible to control our eating no matter how much we want to.

Phone Bridge: The method (phone number and passcode) used to conduct phone meetings.

Picking Up/Taking Our Will Back: Breaking our abstinence or giving away our abstinence.

Plan, Prepare, Pray, and Protect (The 4 Ps): Looking ahead to potential obstacles to maintaining our abstinence and finding ways to overcome them before they happen (such as having “hostage meals”).

Play the Tape Forward: Before we do something we know might threaten our abstinence, we think about where that will eventually lead us.

Primary Purpose: Our primary purpose is to stay abstinent and help other compulsive eaters to achieve abstinence. Weight loss will take care of itself.

Rigorous Honesty: If we allow even a small deviation from the whole truth about our eating, we are opening ourselves to eventually losing our abstinence altogether.