

## SUGGESTED TOPICS FOR DISCUSSION MEETINGS

### GENERAL IDEAS

1. **The Twelve Steps**

Some groups discuss one Step a week. If there is a newcomer attending for the first time, the group may change the topic to focus on the first three Steps.

2. **The Twelve Traditions**

Following the conclusion of the Step meetings, some groups will discuss the Traditions so that, every thirteenth meeting the group focuses on a Tradition.

3. **The Big Book, *Alcoholics Anonymous***

Some groups discuss one chapter from the Big Book each week. Other groups read from the Big Book weekly and discuss each chapter as they go along.

4. Readings from ***As Bill Sees It*** can inspire sharing on discussion topics.

5. ***Living Sober*** also has many topics used by groups.

6. Some A.A. slogans can be used as topics—such as **“Live and Let Live,” “Easy Does It,” “First Things First,”** and **“H.A.L.T.”** (Don’t get too Hungry, Angry, Lonely, or Tired).

### SOME SPECIFIC TOPICS

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|------------------------------------|-----------------------------|
| 1. Acceptance                      | 6. Dependence               |
| 2. Attitude of gratitude           | 7. Fear                     |
| 3. Belief in a Higher Power        | 8. Forgiveness              |
| 4. Complacency                     | 9. Freedom through sobriety |
| 5. Contempt prior to investigation | 10. Group inventory         |

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| 11. Hope  | 28. Projection — living in the wreckage of the future |
| 12. Humility  | 29. Resentments                                       |
| 13. Identification  | 30. Responsibility declaration                        |
| 14. Inadequacy  | 31. Rigorous honesty                                  |
| 15. Inventory   | 32. Serenity  |
| 16. Letting go of anger                                   | 33. Service   |
| 17. Let's be friendly with our friends                    | 34. Sponsorship                                       |
| 18. Living one day at a time                              | 35. Staying away from the first drink                 |
| 19. Making amends   | 36. Surrender   |
| 20. Meditation  | 37. Three Legacies — Recovery, Unity and Service      |
| 21. Open-mindedness                                       | 38. Twelfth Stepping                                  |
| 22. Participation and action                              | 39. Twelve Concepts                                   |
| 23. Patience and tolerance                                | 40. Understanding Anonymity                           |
| 24. Personal spiritual experience and spiritual awakening | 41. Ways of carrying the A.A. message                 |
| 25. Plan the action — not the result                      | 42. What is sobriety                                  |
| 26. Practice these principles in all our affairs          | 43. Willingness                                       |
| 27. Principles before personalities                       | 44. Working with others                               |

Other topics may be found in the A.A. Grapevine monthly section on “Discussion Topics.”

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