

## 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                      | 8. Forgiveness              |
| 2. Attitude of gratitude           | 9. Freedom through sobriety |
| 3. Belief in a Higher Power        | 10. Group inventory         |
| 4. Complacency                     | 11. Hope                    |
| 5. Contempt prior to investigation | 12. Humility                |
| 6. Dependence                      | 13. Identification          |
| 7. Fear                            |                             |

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

Other topics may be found in Grapevine's monthly section on "Discussion Topics."

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