

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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