

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

Acceptance

Attitude of gratitude

Belief in a Higher Power

Complacency

Contempt prior to investigation

Fear

Forgiveness

Freedom through sobriety

Group inventory

Hope

Dependence	Humility
Identification	Resentments
Inadequacy	Responsibility declaration
Inventory	Rigorous honesty
Letting go of anger	Serenity
Let's be friendly with our friends	Service
Living one day at a time	Sponsorship
Making amends	Staying away from the first drink
Meditation	Surrender
Open-mindedness	Three Legacies: Recovery, Unity & Service
Participation and action	Twelfth Stepping
Patience and tolerance	Twelve Concepts
Personal spiritual experience and spiritual awakening	Understanding Anonymity
Plan the action – not the result	Ways of carrying the A.A. message
Practice these principles in all our affairs	What is sobriety
Principles before personalities	Willingness
Projection – living in the wreckage of the future	Working with others

Other topics may be found in the quarterly publication - Regmaker.