

Suggested Topics For Discussion Meetings

Service Material from the General Service Office

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

1. Acceptance
2. Attitude of gratitude
3. Belief in a Higher Power
4. Complacency
5. Contempt prior to investigation
6. Dependence

7. Fear
8. Forgiveness
9. Freedom through sobriety
10. Group inventory
11. Hope
12. Humility
13. Identification
14. Inadequacy
15. Inventory
16. Letting go of anger
17. Let's be friendly with our friends
18. Living one day at a time
19. Making amends
20. Meditation
21. Open-mindedness
22. Participation and action
23. Patience and tolerance
24. Personal spiritual experience and spiritual awakening
25. Plan the action — not the result
26. Practice these principles in all our affairs
27. Principles before personalities
28. Projection — living in the wreckage of the future
29. Resentments

30. Responsibility pledge
31. Rigorous honesty
32. Serenity
33. Service
34. Sponsorship
35. Staying away from the first drink
36. Surrender
37. Three Legacies — Recovery, Unity and Service
38. Twelfth Stepping
39. Twelve Concepts
40. Understanding Anonymity
41. Ways of carrying the A.A. message
42. What is sobriety
43. Willingness
44. Working with others

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

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