

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	14. Inadequacy
2. Attitude of gratitude	15. Inventory
3. Belief in a Higher Power	16. Letting go of anger
4. Complacency	17. Let's be friendly with our friends
5. Contempt prior to investigation	18. Living one day at a time
6. Dependence	19. Making amends
7. Fear	20. Meditation
8. Forgiveness	21. Open-mindedness
9. Freedom through sobriety	22. Participation and action
10. Group inventory	23. Patience and tolerance
11. Hope	24. Personal spiritual experience and spiritual awakening
12. Humility	25. Plan the action • not the result
13. Identification	26. Practice these principles in all our affairs

27. Principles before personalities	37. Three Legacies • Recovery, Unity and Service
28. Projection • living in the wreckage of the future	38. Twelfth Stepping
29. Resentments	39. Twelve Concepts
30. Responsibility pledge	40. Understanding Anonymity
31. Rigorous honesty	41. Ways of carrying the A.A. message
32. Serenity	42. What is sobriety
33. Service	43. Willingness
34. Sponsorship	44. Working with others
35. Staying away from the first drink	Other topics may be found in the A.A. Grapevine monthly section on "Discussion Topics."
36. Surrender	

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