

## Double Winners Meeting Topic List:

1) Setting boundaries.	27) I am responsible.
2) Accepting others as they are.	28) Trust.
3) Not responsible for others.	29) Allowing others to be themselves.
4) Self-care.	30) Controlling others.
5) Expressing anger.	31) Love and trust.
6) Letting go of the need to control.	32) Letting go of chaos.
7) Letting go while caring & loving another.	33) Peace with the past.
8) Being independent.	34) Commitment.
9) Being loving but not responsible for others.	35) Patience.
10) Letting go of guilt.	36) Obsession.
11) Obsessions & learning to detach.	37) Dependent relationships
12) Making amends & changing my actions.	38) Interdependent relationships.
13) Courage to change.	39) Practicing new behavior while others don't.
14) Acceptance, not approval.	40) Being honest with yourself.
15) What's my part?	41) Not covering up for anyone's mistakes or misdeeds.
16) Responsibility for and to myself.	42) Being a Responder, not a Reactor.
17) Giving up responsibility for others.	43) Human Being vs. Human Doing.
18) Detaching with love.	44) Not creating a Crisis.
19) Owning our power.	45) Not preventing a Crisis.
20) Recognizing my choices.	46) Not manipulating Situations.
21) Being open w/out being vulnerable.	47) Not arranging all the Outcomes.
22) Allowing ourselves to be vulnerable.	48) Permitting another to face reality.
23) Appreciating and accepting others.	49) Having No Opinions on Outside Issues.
24) Powerlessness over others.	50) Not Being a Doormat.
25) Dependency.	51) Alcoholic marriage; both sober alcoholics.
26) Healing from a dependent relationship.	52) The Tyranny of Testosterone.