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.LT." (Don't get too Hungry, Angry, Lonely, or Tired).

SOME SPECIFIC TOPICS

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

12.Humility29.Resentments13.Identification30.Responsibility declaration14.Inadequacy31.Rigorous honesty15.Inventory32.Serenity16.Letting go of anger33.Service17.Let's be friendly with our friends34.Sponsorship18.Living one day at a time35.Staying away from the first drink19.Making amends36.Surrender20.Meditation37.Three Legacies — Recovery, Unity and Service21.Open-mindedness38.Twelfth Stepping22.Participation and action39.Twelve Concepts23.Patience and tolerance40.Understanding Anonymity24.Personal spiritual experience and spiritual awakening41.Ways of carrying the A.A. message25.Plan the action — not the result42.What is sobriety26.Practice these principles in all our affairs43.Willingness44.Working with others	11.	Норе	28.	Projection — living in the wreckage of the future
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 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	12.	Humility	29.	
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44. Working with others	26.	•	43.	Willingness
21. I interpret before percentalities	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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