

SUGGESTED TOPICS FOR DISCUSSION MEETINGS

GENERAL IDEAS

1. **The Twelve Steps**

Some groups discuss one Step a week or read a chapter from [The Big Book or Twelve Steps and Twelve Traditions](#) and allow for discussion after.

2. **The Twelve Traditions**

Some groups after conclusion of the weekly Step discussions and/or readings will have a few meetings that focus on the A.A. Traditions from either [Twelve Steps and Twelve Traditions](#) or [Alcoholics Anonymous Comes of Age](#).

3. **The Twelve Concepts for World Service**

Some groups use the fifth week in a month to have a “service speaker” sharing experience on the Twelve Concepts. Other groups will read directly out of the pamphlet [Twelve Concepts for World Service Illustrated](#) or [The A.A. Service Manual combined with Twelve Concepts for World Service](#) and allow for questions and answers along with discussion.

4. Readings from [As Bill Sees It](#) or [Daily Reflections](#) can inspire discussion.

6. [Living Sober](#) also has many topics used by groups.

7. 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).

8. Other topics may be found in [AA Grapevine’s](#) monthly section on “Discussion Topics.”

SOME SPECIFIC TOPICS

1. Acceptance

2. Attitude of gratitude

3. Belief in a Higher Power

4. Complacency

5. Contempt prior to investigation

6. Dependence

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| 7. Fear | 25. Plan the action—not the result |
| 8. Forgiveness | 26. Practice these principles in all our affairs |
| 9. Freedom through sobriety | 27. Principles before personalities |
| 10. Group inventory | 28. Resentments |
| 11. Hope | 29. Responsibility declaration |
| 12. Humility | 30. Rigorous honesty |
| 13. Identification | 31. Serenity |
| 14. Inadequacy | 32. Service |
| 15. Inventory | 33. Sponsorship |
| 16. Letting go of anger | 34. Staying away from the first drink |
| 17. Let's be friendly with our friends | 35. Surrender |
| 18. Living one day at a time | 36. Three Legacies—Recovery, Unity and Service |
| 19. Making amends | 37. Twelfth Stepping |
| 20. Meditation | 38. Understanding Anonymity |
| 21. Open-mindedness | 39. Ways of carrying the A.A. message |
| 22. Participation and action | 40. What is sobriety |
| 23. Patience and tolerance | 41. Willingness |
| 24. Personal spiritual experience and spiritual awakening | 42. Working with others |

General Service Office
P.O. Box 459
Grand Central Station
New York, NY 10163

www.aa.org