Suggested Topics for AA Discussion Meetings

September, 2011
Over the years, many of us have attended or chaired hundreds of AA discussion meetings. Good sponsors teach us that, if we are to be a Chairperson, we should **prepare** a topic for the meeting. Thoughtful preparation of a topic shows respect for the meeting attendees, and also shows that the Chairperson has thought very carefully about how the topic relates to his or her recovery. In the words of a wise AA, “you can’t give something away you ain’t got”.

Preparing a topic means that the Chairperson has:
1. Read our literature looking for a written basis to back up his topic;
2. Given thought to specific instances in his life and recovery where the topic applies; and
3. Considered the message he received in recent meetings that would add to the topic’s relevancy.

Being prepared doesn’t always happen, however. Many times, the Chairperson has been chosen or volunteered moments before the top of the hour, and some Chairpersons don’t prepare at all, even though they knew they were chairing a month before the meeting.

This brochure has been created with all of these Chairpersons in mind. For the one that is committed to preparing for his or her next discussion meeting, a written list of suggested topics may be a welcome inventory that will jog the memory of an issue they haven’t quite been able to successfully deal with, or one that they may have particular interest in or experience with. In addition, the list provides a source of topics to add variety—sometimes groups get in a “rut” and we hear the same thing over and over again!

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**Strength (Sharing Our Strength, What is Your Strength?)**

**Stress (Coping with Stress)**

**Suggestions (Taking the Suggestions)**

**Taking Risks**

**Telling on Yourself**

“Terminal” Uniqueness – feeling unique can kill me

Think, Think, Think

This Too Shall Pass

Time (Time Takes Time)

To Thine Own Self Be True

Tolerance

Tools of the Program

Triggers

Trust

Trust God, Clean House, Help Others

Turning it Over

Twenty-four Hours a Day (one hour, one minute at a time)

Unfinished Amends

Unmanageability

Using the Program Instead of Using Alcohol

Using the Telephone

Wait to Worry

We of the Program

What Convinced You That You Had a Problem?

What is AA?

What do You do to Stay Sober?

What have you gained from the program?

What outside forces keep you from drinking?

When others are drinking (and potentially dangerous, what do you do?)

Who supported you to get sober? To stay sober?

Why Are You Here?

Why did you get sober?

Will power

Willing to go to Any Lengths

Wisdom to Know the Difference (Serenity Prayer)

Wreckage of the Past

Yets
Projection (Thinking About Outcomes that are in the Future, Good and Bad)
Progress, Not Perfection
Progression
Promises
Rationalization, minimizing and justifying, self-justification
Recovery (Getting Better)
Regret (We Will Not Regret the Past, Promises)
Relapse
Relationships
Relaxing, Relaxation
Remember What You Would Have Settled For
Remembering Your Last Drunk
Remorse
Responsibility
Restless, Irritable and Discontent (RID)
Restraint of Tongue and Pen
Road Rage
Rule #62 (from Tradition Four)
Sanity
Secrets (You’re Only as Sick as Your Secrets or Your Secrets will get You Drunk)
Self Acceptance
Self-Centeredness
Self Esteem
Self Pity
Self Seeking
Self-Will
Selfishness
Serenity Prayer
Sharing (talking or telling my story) at Meetings
Sick and Tired of Being Sick and Tired
Slips
Slogans
Sobriety Dates
Spiritual Awakening
Spiritual Part of the Program
Spirituality
Staying in the Now
Stick with the Winners

These topics were taken from two main sources—the official website of the AA General Service office in New York, and from miscellaneous sources on the Web.

Of course, this isn’t a comprehensive list. Certainly, there are other topic suggestions that can be added.

There are some AAs who are adamant about using only “Conference Approved” materials. For those folks, language is included from the “Suggested Topics For Discussion Meetings” document on the official website, AA.org. The URL at this time (September, 2011) to get to the AA.org PDF is:


The other topics included are in a list following the official AA list.

Enjoy!
SUGGESTED TOPICS FOR DISCUSSION MEETINGS

GENERAL IDEAS

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.

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.

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.

Readings from As Bill Sees It can inspire sharing on discussion topics.

Living Sober also has many topics used by groups.

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).

SPECIFIC TOPICS FROM THE AA.ORG WEBSITE

Acceptance
Attitude of gratitude
Belief in a Higher Power
Complacency
Contempt Prior to Investigation
Dependence

Joy, The Joy of Living
Keep Coming Back
Keep it Simple
Keeping it Green
Let Go and Let God
Letting Go (of Outcomes)
Letting Go (of the Past)
Letting Go (of People, Places and Things)
Life on Life’s Terms
Literature as a Tool (Using the Big Book, Twelve and Twelve, meditations, etc)
Live and Let Live
Living in the Real World
Living in the Moment, Living in the Present, Living in the Now
Living with Myself in Sobriety
Loss
Love
Meeting Makers Make It
Meetings
Mental, Spiritual and Physical Disease
Mental Illness (Problems Other Than Alcohol)
Moderation
Money
More will be Revealed
No Pain, No Gain
One Day at a Time
Organized Religion
Other Addictions
Pain
Pass it On
Perceptions vs. Reality
Perseverance
Physical Illness (Problems Other Than Alcohol)
Powerlessness
Prayer
Pride
Pride in Reverse
Primary Purpose
Priorities
Freedom
Freedom from Bondage
Friendship
Fun
Gift of Desperation
Gifts of the Program
God as I Understand Him
Gossip
Gratitude
Greed, Gluttony, Having Enough
Growth
Growth through Pain
Guilt
Handling Failure
Handling Success
Happiness
Happy, Joyous and Free
Higher Power
Hitting Bottom
Holidays
Honesty (Rigorous Honesty)
How do you work the steps?
How easy does it (working the program, staying sober) get?
How Have You Changed?
How Important Is It?
How it Works (Twelve Step Recovery)
Hungry, Angry, Lonely, Tired (HALT)
I Am Responsible
Identify, Don’t Compare
If it’s not practical, it’s not spiritual
Improving the Quality of My Sobriety
Insanity
Insidious (Patiently Waiting for a Chance to Ensnare)
Instincts
Integrity
Inventory (Taking My Own)
Inventory (Taking That of Others)
Isolating
It Is What It Is
Jealousy
Fear
Forgiveness
Freedom through sobriety
Group inventory
Hope
Humility
Identification
Inadequacy
Inventory
Letting go of anger
Let’s be friendly with our friends
Living one day at a time
Making amends
Meditation
Open-mindedness
Participation and action
Patience and tolerance
Personal spiritual experience and spiritual awakening
Plan the action — not the result
Practice these principles in all our affairs
Principles before personalities
Projection — living in the wreckage of the future
Resentments
Responsibility declaration
Rigorous honesty
Serenity
Service
Sponsorship
Staying away from the first drink
Surrender
Three Legacies — Recovery, Unity and Service
Twelfth Stepping
Twelve Concepts
Understanding Anonymity
Ways of carrying the A.A. message
What is sobriety
Willingness
Working with others
TOPICS FROM OTHER SOURCES

Act As If
Action
Addictive Personality
Adversity
Agnostics (We Agnostics)
Amends Beyond “I’m Sorry”
Amends, Making Hard Amends
Anger
Anniversaries
Anonymity
Asking for Help
Attitude
Attraction not Promotion
Balance
Being Considerate of Others (in and out of AA)
Being Useful
Big Book (Using the Big Book)
Boredom with the Program
(The) Bottom is Where You Stop Digging (you hit bottom when you stop digging)
Breaking My Anonymity
Bring the Body and the Mind Will Follow
But For the Grace of God
Carrying the Message
Change
Changing Routines, Changing People, Places and Things (to avoid drinking)
Character Defects
Clarity of Thought
Codependence
Compassion
Completely Giving Myself to This Simple Program
Courage
Courage to Change the Things I Can (Serenity Prayer)
Cravings
Cunning, Baffling, Powerful
Dealing with Difficult People

Denial
Detaching, Detaching with Love
Disappointment
Discipline
Disease Concept
Do the Next Right Thing
Don’t Drink and Go To Meetings
Don’t Quit Before the Miracle
Drinking Occasions
Drug is a Drug
Drugs (Problems Other Than Alcohol)
Drunk Who Brought You In Will Take You Out
Dry Drunks
Easy Does It
Economic Insecurity
Ego (ego-smashing, Easing God Out)
Eleventh Step Prayer (Prayer of Saint Francis of Assisi)
Emotional Hangover (from Step 10)
Emotional Sobriety (Emotions)
Enjoying Life (Having Fun Sober)
Expect a Miracle
Expectations (Unreasonable Expectation, Pre-Planned Re-sentments)
Experience (Sharing Our Experience)
Experience, Strength and Hope
Faith
Fake It Till You Make It
(The) Family Afterwards
Fear of Failure/Fear of Success
Feelings and Emotions
Feeling Different
Fellowship
First Drink Gets You Drunk
First Things First
First Thought Wrong
Fixing Me, Not You
Forgiving Others
Forgiving Ourselves
Foundation
Fourth Dimension (from page 25 in The Big Book)