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# Alcoholics Anonymous Topics (Updated 2024)

Sr. No.	Topic Suggestion	Description
1	The Twelve Steps	Discuss and share experience on one Step each week.
2	The Twelve Traditions	Discuss how the Traditions help AA groups and members.
3	The Twelve Concepts	Share experience of how Concepts help AA services.
4	Readings from AA Literature	Read and discuss selections from AA books.
5	AA Slogans	Discuss meaning and application of sayings like "Easy Does It."
6	Acceptance	Share about accepting what we cannot change.
7	Attitude of Gratitude	Discuss the importance of gratitude in sobriety.
8	Belief in a Higher Power	Share experience finding and relying on a Higher Power.
9	Complacency	Discuss dangers of becoming overconfident in sobriety.
10	Contempt Prior to Investigation	Talk about importance of open-mindedness.
11	Dependence	Share on reliance on HP rather than self-will.
12	Fear	Discuss fears faced in sobriety and how to overcome them.
13	Forgiveness	Share experience on forgiving self and others.
14	Freedom Through Sobriety	Discuss gifts and growth sobriety brings.
15	Group Inventory	Assess how group is doing - positives and needed improvements.



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16	Hope	Share where we find hope and how it helps recovery.
17	Humility	Discuss role humility plays in ongoing sobriety.
18	Identification	Share how we identify with each other in AA.
19	Inadequacy	Talk about how sobriety helps us overcome inadequacy.
20	Inventory	Share experience on doing self-inventory.
21	Letting Go of Anger	Discuss how to healthily let go of anger.
22	Live and Let Live	Share how this attitude helps sobriety and life.
23	Living One Day at a Time	Talk about importance of living in the present.
24	Making Amends	Discuss making amends - challenges and blessings.
25	Meditation	Share meditation practices and how it helps recovery.
26	Open-Mindedness	Discuss importance of open-mindedness in sobriety.
27	Participation and Action	Share how active participation in AA aids recovery.
28	Patience and Tolerance	Talk about developing patience for self and others.
29	Personal Spiritual Experience	Share spiritual insights and growth in sobriety.
30	Plan the Action, Not the Result	Discuss focusing on actions we can take, not outcomes.
31	Principles Before Personalities	Share how principles unite us, personalities divide.
32	Resentments	Discuss dangers of resentment and tools to overcome it.
33	Responsibility Declaration	Talk about the promises we make in the responsibility statement.
34	Rigorous Honesty	Share experiences of being rigorously honest.
35	Serenity	Discuss role of serenity in ongoing sobriety.



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36	Service	Share the blessings and lessons learned from doing service.
37	Sponsorship	Talk about the role of sponsors and sponsees.
38	Staying Away from the First Drink	Share tools, insight on not picking up the first drink.
39	Surrender	Discuss surrendering to and developing trust in a Higher Power.
40	Twelfth Stepping	Share on carrying the message to others seeking sobriety.
41	Understanding Anonymity	Discuss meaning and importance of anonymity.
42	Ways of Carrying the Message	Brainstorm new ideas for carrying the message.
43	What is Sobriety?	Explore the meaning and benefits of sobriety.
44	Willingness	Share how willingness aids sobriety and serenity.
45	Working with Others	Discuss the joys and challenges of working with others.
46	A Look at Willpower	Share on problems relying on willpower alone for sobriety.
47	Am I Different?	Dispel the feeling of being terminally unique.
48	Are Alcoholics Perfectionists?	Discuss if perfectionism plays a role in alcoholism.
49	Are We Passing It On?	Assess how well the group is carrying the message.
50	Are We Victims?	Share how sobriety helps us stop playing the victim.
51	Attracting Trouble	Talk about the drama triangle and attracting trouble.
52	Be Careful What You Pray For	Discuss getting what we need versus what we want.
53	Being Responsible	Share about taking responsibility in sobriety.
54	Changing Things We Can	Focus on wisdom of knowing what we can and can't change.
55	Coming to Grips with Fear	Share helpful strategies for managing fear.



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56	Contending with Self-Will	Discuss ways to contend with self-will run riot.
57	Controlling the Imagination	Share tips for redirecting the imagination positively.
58	Coping with Depression	Talk about tools for coping with depression in sobriety.
59	Coping with Social Pressure	Discuss dealing with pressure to drink/use.
60	Dealing with Disagreeable People	Share experience on dealing with difficult people.
61	Dealing with Rejection	Talk about coping with rejection and building self-esteem.
62	Dealing with the Past	Discuss making peace with the past.
63	Do Material Things Matter?	Explore finding balance around material things.
64	Do We Deserve Success?	Share on overcoming self-sabotage and deserving good.
65	Does AA Meet Wants or Needs?	Discus if AA gives us what we want versus need.
66	Does Alcoholism Have a Physical Origin?	Explore the nature and origins of alcoholism.
67	Does "Easy Does It" Do It?	Discuss the meaning and application of the slogan.
68	Does Harm Reduction Work?	Discuss if moderation approaches are effective long-term.
69	Emotional Sobriety	Share ideas on attaining emotional balance in sobriety.
70	Erasing the Old Tapes	Talk about replacing negative self-talk with positive.
71	Fearing Change	Share experience overcoming fear of change in sobriety.
72	Finding a Higher Power	Discuss experiences finding and connecting with a Higher Power.
73	Finding God's Will for Us	Explore aligning will with HP's will.
74	Finding True Independence	Share meanings of independence versus self-reliance in recovery.
75	First Things First	Discuss importance of prioritizing recovery first.



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76	Getting Beyond People Pleasing	Share experience becoming assertive versus passive.
77	Giving Away to Keep	Discuss the paradox that generosity yields benefits.
78	Growth through Prayer and Action	Share how prayer and action together aid growth.
79	Happy Coincidences	Discuss "coincidences" as evidence of HP's hand.
80	How Do You Think of God?	Share different perspectives on conceptualizing God.
81	How to Deal with Impatience	Talk about cultivating patience as a spiritual principle.
82	How to Find Happy Sobriety	Share tools, insights on achieving serenity and joy.
83	How Should We Carry the Message?	Brainstorm methods for effectively carrying the message.
84	Hungry, Angry, Lonely, Tired	Discuss the HALT acronym and avoiding relapse triggers.
85	It's Your Vision That Matters	Share the importance of visioning versus goal-setting.
86	Justified Resentments	Explore whether resentments can ever truly be justified.
87	Keep It Simple	Discuss the value of simplicity and focus in sobriety.
88	Let It Begin with Me	Talk about taking responsibility to improve things.
89	Letting Go of Guilt	Share ideas and experience with letting go of guilt.
90	Letting Go of Problems	Discuss surrendering problems to HP rather than self-will.
91	Life after Cloud Nine	Share tools for transitioning from early euphoria to stable sobriety.
92	Live and Let Live	Talk about the principle of tolerance toward others.
93	Mental Depression after Sobriety	Share experience and tips for managing depression.
94	Needing the Program versus	Discuss the discipline required when desire fades.



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	Wanting It	
95	Old Resentments Flaring Up	Share experience dealing with resurfacing resentments.
96	Principles before Personalities	Discuss focusing on principles rather than personalities.
97	Resent Someone	Ask members to name one resentment for discussion.
98	Responsibilities in Sobriety	Brainstorm different kinds of responsibilities in recovery.
99	Should We Have the Four Absolutes?	Explore the debate around AA's suggested absolutes.
100	Surrender to Win	Share the paradox that surrender leads to success.
101	Taking the Tenth Step	Share experience with continually taking personal inventory.
102	The ABCs of AA	Discuss the basics: abstinence, belief, commitment.
103	The Fear of Rejection	Talk about overcoming fear of rejection.
104	The Importance of Continuing	Share why persistence in the program is so important.
105	The Need for Self-Honesty	Discuss the critical role honesty plays in sobriety.
106	Tricky Comparisons	Explore the risks of comparing inside versus outside the program.
107	Trouble in Finding a Higher Power	Share experience overcoming this common challenge.
108	Truth and Honesty	Discuss the relationship between truth and honesty.
109	Walk in Dry Places	Brainstorm strategies for avoiding slippery places.
110	Wanting Instant Gratification	Talk about the need for developing patience.
111	We Cannot Live with Anger	Share how to let go of anger and find serenity.
112	We Die to Live	Discuss the paradox that we must let go of old self to find new life.
113	What about My Old Friends?	Share experience navigating old relationships in sobriety.



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114	What Blocks Acceptance?	Explore barriers to acceptance and how to overcome them.
115	What Is a Principle?	Define principles and their role in the program.
116	What Is Being Spiritually Fit?	Discuss developing spiritual fitness and maturity.
117	What Is Insanity?	Explore the popular definitions of insanity in AA.