

Suggested Meeting Topics (and suggestions on how they can be related to 12 Steps)

- Acceptance (Relates to Step 1)
- Attitude of gratitude (Step 1)
- Belief in a Higher Power (Step 2, 3, 11, 12)
- Complacency (Step 1, 3, 4, 8, 9, 10, 11, 12)
- Contempt prior to investigation – What suggestions about recovery I may be rejecting or resisting without giving myself an opportunity to learn. (Goes to Willingness & the 3rd Step, also Step 1, 2)
- Dependence – Do I worry too much about what other people think about me or do I close my mind off to accepting constructive criticism that could help me in my recovery? (Step 4, 5, 6, 7, 10)
- Fear – What do I fear / Why do I have so much fear / Am I afraid of living without drugs or alcohol? (Steps 1, 2, 4, 6, 7, 10)
- Forgiveness – Forgiving myself and/or others (Step 4, 5, 6, 8, 9, 11, 12)
- What Freedom can I gain through sobriety (Step 1, 2)
- How do I develop Hope? Do I have Hope? (Step 1, 2)
- What does Humility mean to me? (Step 3, 4, 5, 6, 7)
- Identification - Am I ashamed of myself for being addicted? Am I in denial? How do I work on self-acceptance? How do I gain self-respect? (Step 1, 4, 5, 6, 10, 11, 12)
- Feeling Inadequate (Step 4, 6)
- Inventory (Step 4, 5, 6, 10)
- Letting go of anger (Step 4, 5, 6, 7, 10, 11, 12)
- Living one day at a time (Step 1, 2, 3)
- Making amends (Step 4, 8, 9)
- Meditation (Step 3, 6, 7, 10, 11)
- Open-mindedness (Step 2, 3, 10, 11, 12)
- Participation and action
- Patience and tolerance (Step 4, 5, 6, 7)
- Personal spiritual experience and spiritual awakening (Step 3, 5, 6, 7, 11, 12)
- Plan the action — not the result (Step 3)
- Practice these principles in all our affairs (Step 12)
- Principles before personalities (Tradition 12)
- Living in the wreckage of the past (Step 3, 4, 5, 6, 8, 9)
- Resentments (Step 4)
- Taking Responsibility (Step 4, 6, 8, 9, 10)
- What does it mean to be rigorously honest? (Step 4)
- What does the word Serenity mean to me?
- Sponsorship – Do I need a sponsor? What will I look for in a sponsor? How can my sponsor help me?
- Staying away from the first one – Getting rid of the idea I can use one more time.
- Surrender – What parts of my life do I need to surrender? Where haven't I surrendered before? (Step 1, 2, 3)