



# **53 AA Meeting Topics Quick Reference Guide**

*From Newcomers to Long-Term Sobriety*

A Sober Speak Resource for Meeting Leaders

[soberspeak.com](http://soberspeak.com)

## PAGE 2: HOW TO USE THIS GUIDE

Welcome, Meeting Leader!

This quick reference guide contains 53 proven discussion topics that generate meaningful sharing and support recovery at every stage. Each topic includes a one-sentence summary to help you quickly select the right discussion for your meeting.

### How to Use This Guide:

✓ **Review the categories** to find topics that match your meeting's current needs

✓ **Check the stage indicators** to ensure the topic fits your group's composition:

- **Beginner-Friendly** - Perfect for newcomer meetings or mixed groups with new members
- **All Stages** - Relevant across all levels of recovery experience
- **Long-Term Focus** - Most meaningful for those with 2+ years of sobriety

✓ **Use the checkboxes** to track which topics you've covered

✓ **Make notes** in the margins about what resonated or future planning ideas

✓ **Keep it handy** - Bookmark favorite topics for easy reference

**Pro Tip:** When in doubt, choose topics from the "Foundation & Steps" or "Daily Living" categories—they're universally relatable and generate strong participation.

# CATEGORY 1: FOUNDATION & STEPS

*Building blocks of recovery and the 12-step journey*

## □ **1. Step 1 - Powerlessness & Unmanageability** ●

Exploring our admission of powerlessness over alcohol and how our lives became unmanageable—the foundation of recovery.

## □ **2. Step 5 - Admitting Our Wrongs** ●

Discussing the courage required to admit to God, ourselves, and another human being the exact nature of our wrongs.

## □ **3. Step 9 - Making Amends** ●

Navigating the challenging process of making direct amends while protecting ourselves and others from harm.

## □ **4. Step 10 - Daily Inventory** ●

Exploring the ongoing practice of personal inventory and promptly admitting when we're wrong.

## □ **5. How It Works** ●

Examining how the 12 Steps work together as a comprehensive program for recovery from alcoholism.

## □ **6. Willing to Go to Any Lengths** ●

Discussing what we're willing to do differently to achieve and maintain sobriety.

## □ **7. Humility** ●

Understanding humility's role in recovery, from humbly asking for help to practicing humble service.

## CATEGORY 2: SPIRITUAL GROWTH

*Developing conscious contact with a Higher Power*

### □ **8. Spiritual Awakening** ●

Sharing experiences of the personality change or shift in consciousness that brings about recovery.

### □ **9. God of My Understanding** ●

Exploring diverse concepts of Higher Power and what "God as we understand Him" means personally.

### □ **10. Higher Power** ●

Discussing how we came to believe a Power greater than ourselves could restore us to sanity.

### □ **11. Serenity Prayer** ●

Examining how this cornerstone prayer helps us navigate acceptance, change, and wisdom in daily life.

### □ **12. Serenity Prayer - Full Version** ●

Exploring the complete prayer and how its extended wisdom deepens our recovery practice.

### □ **13. The Promises** ●

Discussing which of AA's promises have materialized in our lives and how we work toward those not yet fulfilled.

## CATEGORY 3: DAILY LIVING & MAINTENANCE

*Practical tools for staying sober one day at a time*

### □ **14. One Day at a Time** ●

Understanding how focusing on 24 hours makes sobriety manageable and prevents overwhelming thoughts of "forever."

### □ **15. Maintaining Sobriety** ●

Sharing the daily practices, principles, and tools that help us stay sober and serve others in their recovery.

### □ **16. Triggers** ●

Identifying what triggers the desire to drink and developing strategies to handle them without using alcohol.

### □ **17. Too Busy for Meetings** ●

Examining what happens when we deprioritize meetings and how to maintain consistent recovery practices.

### □ **18. Slogans** ●

Discussing how simple phrases like "Easy Does It" and "Keep It Simple" serve as powerful recovery tools.

### □ **19. Physical Craving** ●

Understanding the physical component of alcoholism and how our bodies respond differently than non-alcoholics.

### □ **20. Online Meetings** ●

Exploring the role of virtual meetings in modern recovery and how they compare to in-person fellowship.

# CATEGORY 4: SERVICE & COMMUNITY

*Carrying the message and building fellowship*

## □ **21. Service** ●

Discussing how service—from coffee making to sponsorship—strengthens both the fellowship and personal recovery.

## □ **22. Sponsorship** ●

Exploring the responsibilities and rewards of guiding others through the steps while maintaining our own recovery.

## □ **23. Tradition 3 - Who Is a Member** ●

Celebrating that the only requirement for AA membership is a desire to stop drinking.

## □ **24. Tradition 11 - Attraction Not Promotion** ●

Understanding why AA grows through attraction and maintains anonymity at public levels.

## □ **25. Unity, Service, and Recovery** ●

Examining the three legacies of AA and how they work together to sustain the fellowship.

## □ **26. The Still Suffering Alcoholic** ●

Discussing our responsibility to reach out to those still struggling and how we make newcomers feel welcome.

# CATEGORY 5: EMOTIONAL HEALTH & RELATIONSHIPS

*Healing ourselves and our connections with others*

## □ **27. Gratitude** ●

Exploring why a grateful alcoholic is a sober alcoholic and how gratitude transforms our perspective.

## □ **28. Dealing with Difficult People - Acceptance Is Key** ●

Learning that when disturbed, we must accept people, places, and things as they are—we can only change ourselves.

## □ **29. Forgiving Others** ●

Discussing how working the steps helps us genuinely forgive others and recognize our part in conflicts.

## □ **30. Identify, Don't Compare** ●

Finding similarities in feelings and experiences rather than comparing circumstances or "bottoms."

## □ **31. Altered Attitudes** ●

Examining whether our attitudes have truly changed in sobriety or if we're experiencing "dry drunk" syndrome.

## □ **32. A New Freedom and A New Happiness** ●

Sharing experiences of the "fourth dimension of existence" and joy in sober living.

## □ **33. Mental Health and Recovery** ●

Addressing how we support members with depression, anxiety, PTSD, or other mental health challenges.

## □ **34. Addictive Personality** ●

Discussing whether addiction extends beyond alcohol and how the program addresses broader addictive patterns.

## □ **35. Money and Financial Security** ●

Examining our relationship with money, economic insecurity, and developing healthy financial practices in recovery.

# CATEGORY 6: WOMEN IN RECOVERY

*Topics addressing unique challenges women face in sobriety*

## □ **36. Motherhood and Recovery** ●

Exploring how to parent authentically in sobriety while releasing guilt and perfectionist ideals.

## □ **37. The Mask of Female Perfectionism** ●

Discussing societal pressure to "have it all together" and learning to show vulnerability and ask for help.

## □ **38. Friendship and Female Relationships** ●

Building authentic connections not based on drinking, and navigating changing friendships in sobriety.

## □ **39. Body Image and Self-Worth Beyond Appearance** ●

Developing a healthier relationship with our bodies based on function and self-care rather than external validation.

## □ **40. The People-Pleasing Trap** ●

Learning to set boundaries and recognize that self-care isn't selfish—it's necessary for sustainable sobriety.

## □ **41. Workplace Challenges for Sober Women** ●

Navigating professional environments, networking events, and workplace stress without liquid courage.

# CATEGORY 7: LONG-TERM SOBRIETY MAINTENANCE

*Staying engaged and growing after the "pink cloud" fades*

## □ **42. The Subtle Danger of Complacency** ●

Balancing confidence in recovery with appropriate vigilance against addiction's persistent nature.

## □ **43. Evolving Relationships** ●

Navigating relationships that change as we grow, including those that naturally end or become distant.

## □ **44. Finding Purpose Beyond Sobriety** ●

Building a fulfilling life that incorporates but isn't defined solely by addiction recovery.

## □ **45. Grief and Loss in Long-Term Recovery** ●

Processing major losses—death, divorce, health challenges—without numbing the pain with alcohol.

## □ **46. The Empty Nest and Life Transitions** ●

Maintaining recovery through significant changes like children leaving, retirement, or aging parents.

## □ **47. The Gift of Ordinary Days** ●

Finding meaning and gratitude in stable, uneventful, "boring" sober days—a profound gift of recovery.

# CATEGORY 8: MODERN RECOVERY CHALLENGES

*Navigating contemporary issues in the recovery journey*

## □ **48. The Myth of Linear Progress** ●

Normalizing recovery's ups and downs, plateaus, and struggles that don't involve drinking.

## □ **49. Technology and Social Media** ●

Using digital tools mindfully while maintaining the authentic human connections essential to recovery.

## □ **50. Aging in Recovery** ●

Embracing conscious aging, accepting limitations, and finding wisdom while staying open to growth.

## □ **51. Legacy and Impact** ●

Understanding how our recovery affects family, friends, and even strangers in ways both seen and unseen.

## □ **52. Sponsoring Others** ●

Examining how guiding newcomers affects our own recovery and the challenges of this profound service.

## □ **53. Money and Recovery** ●

Developing healthy financial habits as part of overall recovery, from basic stability to long-term planning.

# Quick Selection Guide by Meeting Type

**For Newcomer/Beginner Meetings:** Focus on topics marked ●, especially: Step 1, One Day at a Time, God of My Understanding, Serenity Prayer, Identify Don't Compare, Higher Power

**For Mixed Experience Meetings:** Any topic marked ● works well. Rotate between categories to maintain variety and engagement.

**For Long-Timer Discussion Groups:** Topics marked ● plus any ● topics approached from a mature recovery perspective.

**For Women's Meetings:** All topics in Category 6, plus these universally relevant ones: Gratitude, The People-Pleasing Trap, Mental Health and Recovery, Sponsorship

**For Getting Back to Basics:** Step 1, How It Works, Willing to Go to Any Lengths, One Day at a Time, The Promises, Higher Power

**For Difficult Times/Holidays:** Gratitude, Triggers, One Day at a Time, Serenity Prayer, Dealing with Difficult People, Grief and Loss

# Meeting Notes & Topic Planning

**Topics That Resonated Most:**

**Topics to Revisit:**

**Ideas for Future Meetings:**

**Seasonal Topic Planning:**

- **January (Fresh Starts):** \_\_\_\_\_
- **February (Relationships):** \_\_\_\_\_
- **March (Spring Renewal):** \_\_\_\_\_
- **April (Service):** \_\_\_\_\_
- **May (Gratitude):** \_\_\_\_\_
- **June (Outdoor/Summer Sobriety):** \_\_\_\_\_
- **July (Freedom & Independence):** \_\_\_\_\_
- **August (Back to Basics):** \_\_\_\_\_
- **September (New Beginnings):** \_\_\_\_\_
- **October (Inventory Time):** \_\_\_\_\_
- **November (Gratitude Month):** \_\_\_\_\_
- **December (Year in Review/Promises):** \_\_\_\_\_

# Need More Meeting Resources?

Visit [SoberSpeak.com](https://www.SoberSpeak.com) for:

- Complete discussion guides with questions for each topic
- Meeting leader worksheets and planning tools
- Women in Recovery expanded resource guide
- Printable meeting topic cards
- Step study worksheets and guides
- The Sober Speak Podcast featuring recovery stories

**Stay Connected:** ✉️ Subscribe to our newsletter for new meeting topics and recovery resources 🎧 Listen to the Sober Speak Podcast (3M+ downloads) 💬 Join our recovery community online

**About Sober Speak** Serving the recovery community since 2017, Sober Speak provides authentic, helpful resources for people in recovery, their families, and the professionals who serve them. All content is created with recovery-sensitivity, person-first language, and a commitment to hope-based messaging.

**Copyright © 2025 Sober Speak**

All quotes from official AA literature. This guide is for educational purposes and to support recovery communities.