

FREE Group Topic Tool

Use this alphabetical guide to spark a 12-Step discussion or find a group topic.

Instructions:

Print the *Group Topic Tool* worksheet (excerpts from *Walk Softly*) based on the program slogans, sayings, and great one-liners. Each letter of the alphabet represents a topic which you can use to begin your meeting or find a discussion point for your group.

How to use:

1. Let the leader pick a topic that 'speaks' to them.
2. Close your eyes and point—where your finger lands is the topic.
3. Use the first letter of the leader's last name to find your starting point.

A through Z Group Topic Tool

- A — Acceptance:** They're just doing it; they're not doing it to you.
- B — Blame:** As long as you blame your past, you're not free to claim your future.
- C — Change:** If nothing changes, nothing changes.
- D — Denial:** The back half of the room at meetings is known as the denial section.
- E — Excuses:** If you really don't want to find a solution, you will find an excuse.
- F — Failure:** Formula for failure: trying to please everyone.
- G — Gratitude:** When you have gratitude, you don't have attitude.
- H — Higher Power:** If you are having trouble believing in a power greater than yourself just try believing in a power other than yourself.
- I — Insanity:** Insanity is not doing the same thing over and over again expecting different results; insanity is doing the same thing over and over again knowing full well what the results will be!
- J — Judge(ing):** Judge yourself by your insides not by someone else's outsides.
- K — Kind:** Be kind to unkind people. It gets to them.
- L — Life:** The single most important thing to living life sober, is a term called 'showing up.'
- M — Meetings:** After the meeting, clean up the wreckage of your presence.
- N — Newcomer:** Each meeting has two types of newcomers: Beginners and visitors. Beginners have made a decision.
- O — Open-minded(ness):** Honesty * Open-mindedness * Willingness
- P — Pity-pot:** Chapter Five is called "How It Works," not "Why Me?"
- Q — Question(ing):** If using is the answer, what is the question?
- R — Recovery:** Put recovery first and everything you put second will be first class.
- S — Self-will:** The best thing you can do is get out of your own way.
- T — Try(ing):** The best approach to any angle is the "try" angle.
- U — Understand(ing)** It says: "Here are the steps we *took*," not *suggested*, not *understood*.
- V — Victim(ize):** The difference between a victor and victim is ability. Response-ability.
- W — Worry:** Today is the tomorrow you worried about yesterday.
- X — X-Ray Vision:** Stop looking for the flaws in others and start looking at the truth in yourself.
- Y — Young people:** Young people don't get sober, they get caught.
- Z — Zone:** Zone in.

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