

## WHATCHA THINK MEETING TOPICS

### TOPIC

"Why Can't You Just Quit?"

What are some things you learned while becoming sober that you think others without addiction issues would benefit from?

What are some ways to remain clean and sober this holiday season?

Psychedelics - Drugs or Medicine?

What recovery literature or educational videos have resonated with you most?

Sobriety, Secularity, and Self-Empowerment - What Do These Things Mean to You?

What was your least favorite part of getting sober? What do you like the best?

What kind of activities have you started/restarted since you've become sober?

What are your Thanksgiving Day joys? ... concerns?

Should recreational drugs be legalized?

What have you learned from relapse OR what has kept you from relapsing?

The body domain: Detox, telltale signs, hidden body damage and doctors visits.

How do you think attitudes towards addiction have changed over the years?

Are there addictions other than alcohol or mind altering drugs you want to work on?

What wisdom would you like to share that you gained from support groups outside of LifeRing?

Have your faith, spirituality, morals, ethics, and/or personal values been affected by your sobriety?

What does one do when loved ones aren't supportive of their sobriety at times?

What are some coping methods for triggers and cravings?

How can we support our loved ones affected by our addiction?

Slip, Lapse, Binge, Relapse; What do these terms mean to you?

Besides joining LifeRing, what was your most meaningful recovery experience?

What savings have you realized in sobriety?

What types of people, places, and things have you gravitated **towards** in sobriety?

What Do You Think is the Root Cause for Your Addiction?

What About Your Physical or Mental Health Has Improved With Sobriety?

Have you used medicine-assisted treatment for your addiction?

If Someone Asked Your Advice About Their Recovery Journey What Would You Say?

Do you think past trauma played a role in your addiction?

What triggering person, place, or thing is or was the hardest for you to cope with?

What did you think of people with addiction issues before your own addiction?

What other approaches towards recovery did you try before finding LifeRing?

Have you ever used CBT?

What topics would you like to discuss in a future meeting?

How Do We Cope With These Troubling Thoughts? "Forever is a long time!" "Nobody would know" "I could have just one"

What is Your Why?

How have other people reacted to your efforts to get sober?
What can someone in recovery do when they are so discouraged that they'd like to use their drug of choice despite the consequences?
What problems have you solved in sobriety that would have been harder in addiction?
LifeRing Wheel of Topics - Benefits of Sobriety
What Is In Your Relapse Prevention Toolkit?
Other Than a Family Member, Who Has Had a Profound Influence on Your Sobriety?
Are there any places or circumstances that used to be very triggering for you but don't now
Addict Shaming Have you ever had someone unfairly use your addiction against you?
Counting the Days
Have You Lost Someone You Cared About to Addiction?
If there was a pill that blocked the ill effects of your DOC, and made it so you only wanted to use in moderation, would you take it?
How long have you been working on your recovery journey?
Have you had a close call that should have made you quit, but you didn't?
Excuses, cover ups, and deceptions
What might you say to a person that seems to be headed towards addiction?
Online meetings vs in person meetings?
How well is your mind mending itself in sobriety?
How has your addiction hurt other people?
What individuals are in your support system?
It's good to be not falling down the stairs and such. But what about the little things that are easier now?
How can you give back to LifeRing?
PAWS - Post Acute Withdrawal Syndrome!
Why don't we hold the suppliers of addictive, abusable drugs accountable for the amount of damage they cause to individuals?
Can we use our imagination and map the 12 steps into LifeRing philosophy?
Thanksgiving joys & concerns; open discussion
What are some concepts you've learned while becoming sober that you think others without addiction issues would benefit from?
Watch 3 1/2 min. Ted Talks video clip about "your brain on drugs" and discuss
The science of addiction
Coping with the holidays
LR Wheel of Topics
Happy New Year!
Sobriety, Secularity, Self-Empowerment - What Do These Thing Mean to You?
Do You Have Some Way of Visualizing Your Addiction?
Did You Feel Like, or Expected to Feel Like, You Had to "Make It Up" to Your Loved Ones?
Have Your Hygiene, Cleanliness, and Tidiness Changed in Sobriety?
Triggers - Confront or Avoid?
Blame, Shame, Complain

Process Addictions
"Glimmers" - Recovery Triggers
Besides Joining LifeRing, What Were Some of Your Most Influencing Sobriety Experiences?
What Extremes Have You Gone to in Order to Obtain Your Drug of Choice?