

Topics for Discussion

1. Step 1 – Admitted we were powerless over love, romance, fantasies and relationships – that our lives had become unmanageable.
2. Fear.
3. Fear of rejection – how to deal with rejection.
4. Fear of abandonment – how to deal with abandonment.
5. Fantasizing, romanticizing, obsessing.
6. Surrendering my life and my will to God.
7. Faith.
8. How am I depriving myself of love?
9. Attraction to unavailability.
10. Love at first sight.
11. Attraction to the “bad boy/girl.”
12. Shame.
13. Fear of vulnerability – how to allow yourself to vulnerable?
14. Self-care & self-soothing – what am I doing for me?
15. Staying in unhealthy relationships – when is it too much?
16. Rock Bottom.
17. What’s the next right thing?
18. Faith over fear.

19. Being of service.
20. How can I carry the message to help another recovering addict?
21. Be careful what you pray for.
22. Emotional sobriety.
23. Hungry, angry, lonely, tired – HALT.
24. Letting go of guilt.
25. Accepting myself.
26. If I don't love me, who will?
27. What blocks acceptance?
28. What is willingness?
29. What is insanity? What is being restored to sanity?
30. What's needed for staying sober?
31. How to live in the solution rather than the problem?
32. Acceptance is the answer.
33. The bottom is where you stop digging.
34. Detaching, detaching with love.
35. When you think you've surrendered, surrender a little more.
36. The biggest lie my ego will tell me is that it doesn't exist.
37. Fixing me, not you.
38. Identify, don't compare.
39. Mental, spiritual, and physical disease.
40. Slips.