

Quitting Feel Free

Virtual Meeting Topic Ideas

1. **Acceptance:** Understanding and accepting one's addiction or mental health challenges as the first step toward recovery.
2. **Gratitude:** Discussing what members are grateful for can shift focus from negative to positive aspects of life.
3. **Coping Mechanisms:** Sharing and learning healthy ways to deal with stress, anxiety, and triggers.
4. **Forgiveness:** Exploring the process of forgiving oneself and others, and the role forgiveness plays in recovery.
5. **Relapse Prevention:** Strategies and experiences related to preventing relapse, including recognizing warning signs and triggers.
6. **Responsibility:** Taking responsibility for actions and understanding how personal actions affect oneself and others.
7. **Sponsorship:** Discussing the role of sponsors in recovery, how to find a sponsor, and what to expect from the relationship.
8. **Community and Support Systems:** The importance of building a supportive community and maintaining healthy relationships.
9. **Personal Boundaries:** Learning to set and respect personal boundaries to promote healthy interactions and self-respect.
10. **Mindfulness and Meditation:** Techniques and benefits of mindfulness and meditation in the recovery process.
11. **Dealing with Emotions:** Strategies for managing and expressing emotions in a healthy way.
12. **Life Balance:** Finding balance between work, relationships, self-care, and recovery activities.
13. **Spirituality:** The role of spirituality or personal beliefs in recovery, respecting the diverse beliefs of group members.
14. **Self-Care:** Importance of taking care of oneself physically, emotionally, and mentally.
15. **Goal Setting:** Discussing short-term and long-term goals, and how to plan and achieve them.

Here are some examples of recovery topics that have proven effective in many support meetings:

- **Overcoming Cravings and Triggers:** Strategies for dealing with the powerful urge to use substances when triggered.
- **Building Healthy Relationships in Recovery:** Exploring how to cultivate positive and supportive relationships during recovery.
- **Coping with Stress and Anxiety:** Techniques for managing stress and anxiety without turning to substances.
- **Setting and Achieving Recovery Milestones:** The importance of setting achievable goals and celebrating milestones.
- **Navigating Setbacks and Relapses:** Strategies for bouncing back from setbacks and avoiding relapse.

This is just a quick reference and shortcut if you cannot think of a topic or participants do not have a topic they would like to discuss. Be creative, it's all good!