

Sunday Zoom Solutions Topic Suggestions

1. Self-Seeking Will Slip Away
2. Am I Completely Free From My Meth Obsession?
3. Is My Outlook on Life Changing?
4. Can My Experience Benefit Others?
5. Has My Belief Grown Since I Have Been in Recovery?
6. Have I Taken an Honest Inventory of Myself?
7. <blank>
8. Happiness in Helping Others
9. Do I See Sobriety as a Gift?
10. Am I Living One Day at a Time?
11. Power in Humility
12. Forgiveness
13. One is Too Many and a Thousand is Never Enough
14. Awareness
15. Have I Learned to Take It Easy?
16. Our Whole Attitude and Outlook on Life Will Change
17. Discuss Your Favorite Program Slogans
18. Picking Up the Simple Kit of Spiritual Tools Laid at Our Feet
19. Am I Facing My Sex Problems In the Proper Way?
20. What Step am I On?
21. How Often Do I Check In with my Sponsor?
22. Have I Stopped Worrying About the Future?
23. Spiritual Life Is Not a Theory; We Have to Live It

24. We Will Not Regret the Past Nor Wish to Shut the Door on It
25. Am I Willing to Live and Let Live?
26. What We Really Have is a Daily Reprieve Contingent on the Maintenance of Our Spiritual Condition
27. Has Faith Done for You What You Could Not Do For Yourself?
28. Do I Appreciate the CMA Fellowship?
29. Am I Now Depending Less on Myself and More on God?
30. Do I Have Service Commitments?
31. We Will Intuitively Know How to Handle Situations Which Used to Baffle Us
32. My Sponsor's Most Helpful Suggestion Was...
33. Am I Free of Resentment and Anger?
34. Do I Find Sobriety Easier as I Go Along?
35. The Apps
36. Faith
37. Honesty
38. Service
39. Do I Put Sobriety First?
40. Am I Less Harsh in My Judgment of People?
41. Anger and Resentments
42. Fear of People and of Economic Insecurity Will Leave Us
43. Strength in Faith
44. Do I Still Have Reservations About CMA?
45. Courage
46. Crystal Meth Was Only a Symptom

47. How Can I Stay Connected?
48. Have I Seen the Change in People Who Come to CMA?
49. Did I Change My Phone Number?
50. Picking Up the Simple Kit of Spiritual Tools Laid At Our Feet
51. How Do I Maintain My Spiritual Fitness?
52. Easy Does It
53. I Can't Heal a Sick Mind with a Sick Mind
54. <blank>
55. Am I Willing to Believe in a Power Greater Than Myself?
56. Have I Changed My Thinking?
57. Am I Less Negative?
58. More Positive?
59. Today I am Grateful For...
60. My Thoughts on Prayer and Meditation
61. Am I Tolerant of Another Person's Mistakes?
62. Am I Grateful?
63. Am I Completely Honest With Myself and With Other People?
64. Feelings Aren't Facts
65. Am I Familiar With HALT?
66. Do I Find Sobriety Easier as I Go Along?
67. Step 3 ,6, 7. Name a Solution
68. What is Your Own Conception of God?
69. Have I Recovered From a Hopeless Condition of Mind and Body?
70. Have I Had a Spiritual Experience?
71. Have I Found a Better Way of Living?

