



FENTANYL ANONYMOUS

MEETING TOPIC SUGGESTIONS

Heal. Grow. Empower.

Purpose

This resource gives secretaries, chairpersons, meeting speakers, and members a broad selection of recovery-focused discussion topics for Fentanyl Anonymous meetings.

How to Use This List

Choose one topic for the meeting or combine related topics.

Invite the chairperson or meeting speaker to select a topic in advance.

Allow members to suggest topics or select one through group conscience.

Keep discussion centered on personal recovery experience, growth, and fellowship.

For Fentanyl Anonymous fellowship and group use

fentanyl-anonymous.org



RECOVERY FOUNDATIONS

Select one topic, combine related topics, or allow the group conscience to choose.

Powerlessness
Unmanageability
Surrender
Acceptance
Honesty
Open-mindedness
Willingness
Trust
Faith
Humility
Patience
Courage
Integrity
Self-discipline
Accountability
Responsibility
Resilience
Awareness
Gratitude

Serenity
Sobriety
Recovery
Empowerment
Asking for help
Letting go
Surrendering control
One day at a time
Keeping commitments
Building consistency
Making healthy choices
Learning from consequences
Freedom through responsibility
Avoiding complacency
Returning after a setback
Rebuilding self-respect
Rebuilding credibility
Progress through action

FA meetings provide peer recovery support. Topics should be discussed through personal experience, not professional or clinical instruction.



STEPS, SPIRITUAL GROWTH & REFLECTION

Select one topic, combine related topics, or allow the group conscience to choose.

Step meeting
Step work
Step study
Pillar study
Inventory
Personal inventory
Character defects
Amends
Preparing to make amends
Forgiveness
Self-forgiveness
Forgiving others
Higher power
Prayer
Meditation
Mindfulness

Daily spiritual practice
Spiritual growth
Living in the present
Finding purpose and meaning in life
Values and principles
Being teachable
Faith during uncertainty
Gratitude in action
Quiet reflection
Morning reflection
Evening review
Living recovery principles
Service as a spiritual practice
Accepting what cannot be controlled
Willingness to change

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EMOTIONAL WELLNESS, COPING & SELF-AWARENESS

Select one topic, combine related topics, or allow the group conscience to choose.

Self-awareness	Loneliness
Emotional regulation	Isolation
Self-compassion	Boredom
Self-esteem building	Disappointment
Stress management	Impulse control
Managing cravings	Grounding techniques
Coping	Managing difficult emotions
Coping skills	Recognizing emotional warning signs
Coping with shame and guilt	Relapse warning signs
Grief and loss	Recovery after relapse
Trauma recovery	Recommitting after a setback
Overcoming perfectionism	Handling change
Celebrating milestones and successes	Living with uncertainty
Relapse	Healthy expression of emotions
Triggers	Rest and recovery
Resentment	Sleep and recovery
Self-care	Recognizing progress
Anger	Responding instead of reacting
Fear	

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RELATIONSHIPS, BOUNDARIES & DAILY LIVING

Select one topic, combine related topics, or allow the group conscience to choose.

Healthy relationships
Communication skills
Listening skills
Conflict resolution
Boundaries
Boundaries in relationships
Saying no
Rebuilding trust
Trust through action
Repairing relationships
Accountability in relationships
Building a support network
Compassion
Connection
Support
Respect
Family and recovery
Parenting in recovery
Friendships in recovery
People-pleasing
Recognizing unhealthy relationships

Detaching from chaos
Asking for and receiving feedback
Nutrition and wellness
Setting and achieving goals
Self-expression through art or writing
Healthy routines
Creating structure and stability
Time management
Work and recovery
Education and career goals
Financial responsibility
Healthy recreation
Finding balance
Decision-making
Motivation
Recovery during holidays
Recovery at social events
Celebrating without substances
Technology and social media in recovery
Developing new interests
Caring for daily responsibilities

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FELLOWSHIP, SERVICE & MEETING FOCUS

Select one topic, combine related topics, or allow the group conscience to choose.

Fellowship	Listening without fixing
Service	Sharing experience rather than advice
Welcoming newcomers	Respecting different recovery paths
The newcomer experience	Meeting safety and respect
Group conscience	Working together in recovery
FA unity	Gratitude for the fellowship
Anonymity and confidentiality	Celebrating member milestones
Service without authority	Welcoming members returning after relapse
Leadership through service	Recovery friendships
Carrying the message	The importance of regular meeting attendance
Supporting the meeting	How service strengthens recovery
Taking a service position	Learning to receive support
Reliability in service	Learning to offer support
Rotation of service	What fellowship means to me
Giving back	Personal recovery goals
Community involvement	Recovery check-in
Healthy meeting participation	Topic chosen by group conscience

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