

# 101 GROUP TOPICS

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1. Acceptance
2. Forgiveness
3. Complacency in Recovery
4. Resentments (How to Let Go)
5. Open-Mindedness
6. Romantic Relationships in Recovery
7. Fear
8. Belief in a Higher Power
9. Humility
10. Inadequacy
11. Patience and Tolerance
12. Willingness vs. Willpower
13. Wellness
14. What Am I Struggling With?
15. Defense Mechanisms
16. Healthy Boundaries
17. Effective Communication
18. Accountability
19. Spirituality
20. Values Clarification
21. Affirmations Group
22. Toxic Gossip in Treatment
23. Group Roles/Dynamics
24. Thinking Errors
25. Effects of Alcohol and Drugs
26. Stages of Recovery
27. Stages of Change
28. Stress Management
29. Shame and Guilt
30. Self-Acceptance
31. Risk Factors for Addiction
32. Relapse Prevention
33. SMART Goals
34. Johari's Window
35. Managing Emotions
36. Mindfulness
37. Guided Meditations
38. Biology of Addiction
39. Nutrition
40. Exercise
41. Sleep Hygiene
42. Smoking Cessation
43. Managing Chronic Illness
44. Sexual Health
45. Overview of Mental Health Disorders
46. Music
47. Self-Esteem
48. Art
49. Massage and Acupuncture
50. Managing Finances
51. Triggers and Warning Signs
52. Vocational/Career Planning
53. Parenting
54. Social Skills
55. Gratitude
56. Coping with Cravings
57. My Support Network
58. Community Resources
59. Relaxation Techniques
60. Anger Management
61. Depression
62. Grief and Loss
63. Coping with Anxiety
64. Irrational Thoughts
65. Locus of Control
66. Assertiveness
67. Self-Compassion
68. Co-dependency
69. Psychotropic Medications
70. Impulsivity
71. Building Confidence
72. Emotional Intelligence
73. Jealousy
74. Self-Actualization
75. Trust
76. Problem-Solving Skills
77. Effective Decision-Making
78. Habit Formation
79. Introversion vs. Extroversion
80. Risk-Taking
81. Resilience and Post-Traumatic Growth
82. Time Management
83. Loneliness
84. Self-Sabotage
85. Perfectionism
86. Failure
87. Motivation
88. Social Rejection
89. Finding Meaning in Life
90. Balance
91. Activities of Daily Living
92. Positive Psychology
93. Distress Tolerance
94. Self-Forgiveness and Healing
95. Needs Versus Wants
96. Identifying Feelings
97. Taking Ownership
98. Finding Your Strengths
99. Friendships in Recovery
100. Coping with Grief
101. How Addiction Rewires the Brain