

Double Winners Meeting Topic List:

<ul style="list-style-type: none">1) Setting boundaries.2) Accepting others as they are.3) Not responsible for others.4) Self-care.5) Expressing anger.6) Letting go of the need to control.7) Letting go while caring & loving another.8) Being independent.9) Being loving but not responsible for others.10) Letting go of guilt.11) Obsessions & learning to detach.12) Making amends & changing my actions.13) Courage to change.14) Acceptance, not approval.15) What's my part?16) Responsibility for and to myself.17) Giving up responsibility for others.18) Detaching with love.19) Owning our power.20) Recognizing my choices.21) Being open w/out being vulnerable.22) Allowing ourselves to be vulnerable.23) Appreciating and accepting others.24) Powerlessness over others.25) Dependency.26) Healing from a dependent relationship.	<ul style="list-style-type: none">27) I am responsible.28) Trust.29) Allowing others to be themselves.30) Controlling others.31) Love and trust.32) Letting go of chaos.33) Peace with the past.34) Commitment.35) Patience.36) Obsession.37) Dependent relationships38) Interdependent relationships.39) Practicing new behavior while others don't.40) Being honest with yourself.41) Not covering up for anyone's mistakes or misdeeds.42) Being a Responder, not a Reactor.43) Human Being vs. Human Doing.44) Not creating a Crisis.45) Not preventing a Crisis.46) Not manipulating Situations.47) Not arranging all the Outcomes.48) Permitting another to face reality.49) Having No Opinions on Outside Issues.50) Not Being a Doormat.51) Alcoholic marriage; both sober alcoholics.52) The Tyranny of Testosterone.
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