



Topic Studies

Topic Studies should be recovery-based, non-denominational, and:

- Topic study information should only be coming from SAL, SAL 12-Step, SA, S-anon, or AA material.
- Should always be directly relevant to recovery and aligned with the 12-Step principles and tenets.
- Should be chosen by Group Conscience and approved by the Key 3, this policy ensures that topics will be safe and recovery based.
- Topic studies last 30 min. (this is in place of step study)
- Many women's groups do a topic study after the week of studying steps 6 and 12. Topic studies should not occur more often than that.

Resources available for topic study:

- [Circles Models](#)
- [Recovery Puzzle](#)
- [Blog posts on salifeline.org](#)
- [Media on salifeline.org](#)
- [Podcasts on salifeline.org](#)
- ["What Can I Do About Me?" by Rhyll Croshaw](#)
- [He Restoreth My Soul](#)
- [Al-anon Literature](#)
- [S-anon Literature](#)
- [Open & Closing Readings- a deeper dive](#)
- [Any of the men's study material](#) (SA White Book, Step Into Action, AA Big Book, Twelve and Twelve)
- [SAL Recovering Individuals and Healing Families](#) (new blue book)

- <https://salifeline.org/> and <https://sal12step.org/> (this would be powerful to pull up these websites and teach about each tab and what they have to offer and watch one of the videos)
- [Digital Library](#) on SALifeline.org

Example:

One group has used the SAL Recovering Individuals and Healing Families book to do topic studies by studying the 12 Tenants starting on page 339. Their group encouraged each member to study the pages related to the tenant and come prepared to discuss what they learned for their topic study. (Following this outline takes almost 2 years to get through all 12 tenants and reading assignments by doing topic studies after Step 6 & 12)

Below is a listing of each tenant and the reading assignment related to that tenant:

- Tenant 1: Understand addiction/ Steven's story, pages 1-41.
- Tenant 2: Understand Betrayal trauma/ Rhyll's story, pages 42-66.
- Tenant 3: Similar paths to Recovery, pages 67-81.
- Tenant 4: First portion of the Recovery Puzzle, pages 83-120.
- Tenant 5: Practicing Positive Sobriety (last portion of the Recovery Puzzle and the Circles Models, pages 121-146.
- Tenant 6: First half of Recovering Individuals, pages 147-172.
- Tenant 7: Second half of Recovering Individuals. Starting with "Honest," pages 172-200.
- Tenant 8: First half of Healing Families, pages 202-226.
- Tenant 9: Second half of Healing Families. Starting with "Honest about needs & emotions," pages 226-252.
- Tenant 10: Basics of 12-Step Program, pages 253-281.
- Tenant 11: Continue Basics, starting with "Working the Steps," pages 281-308.
- Tenant 12: Continue Guidelines, beginning with "Healthy SAL 12-Step Culture," pages 308-336.

You could finish the book off by doing a topic study by discussing our regular readings, etc. on pages 338-351, and the Intro pages V-XIV.