

Acceptance

And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation-some fact of my life-unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.

Nothing, absolutely nothing happens in God's world by mistake.

Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

*Acceptance Passage - Doctor, Alcoholic, Addict Chapter - page 449 of the Big Book,
Alcoholics Anonymous (Third Edition)*