

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 compulsive eating, I could not stay abstinent; 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 to what needs to be changed in me and in my attitudes.

--Adapted from "Acceptance was the Answer", Alcoholics Anonymous, page 417

