

# Acceptance

page 417 Alcoholics Anonymous

Acceptance is the answer to ALL of 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 my 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