

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.”

From - Alcoholics Anonymous, page 417 (Fourth Edition)

Reminder Card

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

It's helpful to read this reminder several times a day --every day. If you print and cut this out, you can carry it with you or put it up somewhere you will see it often.