

## **Acceptance**

**"And acceptance is the answer to all my problems  
today.**

**When I am disturbed,  
It is because I find some person, place, thing,  
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."**

**Alcoholics Anonymous, 4th Edition p. 417  
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