

Emotional Sobriety And Food

"... to be able to Twelfth Step ourselves and others into emotional sobriety"



Acceptance

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.

Reprinted from Alcoholics Anonymous, p. 417

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