

*Emotional Sobriety & Food "...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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