

Acceptance Prayer

A.A. Big Book of Alcoholics, page 417

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.

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 addiction, I could not stay clean. 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 my attitudes.