

When I stopped living in the problem and began living in the answer, the problem went away. From that moment on, I have not had a single compulsion to drink. 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. 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 my attitudes.

Alcoholics Anonymous (Big Book), 4th Edition, P. 417