

# Acceptance

## SLAA - A State of Grace – Daily Mediations – p149

*Although we had come a long way in our recovery, we were however, still unable, by our unaided will, to shape our lives in a consistently positive manner. The reality of this estimation of ourselves was a truth we could now accept, if not gratefully at least without struggle. This acceptance of truth, and willingness to allow a Power outside of ourselves to continue to do what we could not do for ourselves, WAS humility SLAA Basic Text Page 87.*



A story in the AA big book helped me so much with the concept of acceptance, I printed part of it on a sheet of paper and posted it in my apartment as a reminder

***“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, 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.”***

**Refusing to accept something means I am trying to control things and that usually brings obsession and anxiety** when things don’t go my way. In every situation I ask myself, “Would you rather be happy or right?” I choose happy and doing things Higher Power’s way instead of my own

**I accept my disease and where I am in life today**

## A Member shares

My approach to recovery was ... making the Steps and service into tyrannical "shoulds" which I could not do well enough. I compared myself to others with painful results. I spent hours trying to figure out how I could be okay even though I was afraid to do the "right thing." I can fight this fight no more. **My expectations about how I should be or how the world should be have to be surrendered.** I cannot truly give up as long as things have to go my way. When my control is out of the way, I can follow my Higher Power's lead. **Acceptance removes the tension of my ego's demands.**

My ego says, "You should be free of lust, or you should be willing to do this or that." Acceptance and humility say, **"This is the way I am right now, Lord. I ask you to take my defects, but I offer myself to you just like this. I cannot give myself to you as I am not. If I should be better or different than I am, I'm denying who I really am. The false me I have to protect cannot be healed.** Oh, I want to change, Lord, and I will grow as you lead me, but I cannot let you in until the real me is free to come out in acceptance."

I know that I have a brother somewhere whose brokenness is like mine. I cannot say how much I want him to know that he belongs here, that **he is okay in this moment even though his insides tell him he is unacceptable.** The peace is coming, my brother. Little by little, even I can see my God doing for me what I cannot do for myself.

