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From page 417 of The Big Book of Alcoholics Anonymous:. 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.

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Yes, acceptance is a choice—a hard one most definitely, but a choice nonetheless. There are two ways out of a problem: accept what's happening, see the positive, and choose a peaceful state of mind ; or fight against it, be miserable, and struggle against the universe.

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