Acceptance

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 this world by mistake. Until I could accept what happens in life as fact, I could not be serene; 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.

For me, serenity began when I learned to distinguish between those things that I could change and those I could not. When I admitted that there were people, places, things, and situations over which I was totally powerless, those things began to lose their power over me. I learned that everyone has the right to make their own mistakes, and learn from them, without my interference, judgment, or assistance.

The key to my serenity is acceptance. But "acceptance" does not mean that I have to like it, condone it, or even ignore it. What it does mean is I am powerless to do anything about it... and I have to accept that fact. Nor does it mean that I have to accept "unacceptable behavior." Today I have choices. I no longer have to accept abuse in any form. I can choose to walk away, even if it means stepping out into the unknown. I no longer have to fear "change" or the unknown. I can merely accept it as part of the journey.

I spent years trying to change things in my life over which I was powerless, but did not know it. I threatened, scolded, manipulated, coerced, pleaded, begged, pouted, bribed and generally tried everything I could to make the situation better -- only watch as things always got progressively worse.

I spent so much time trying to change the things I could not change; it never once occurred to me to simply accept them as they were. Now when things in my life are not going the way I planned them, or downright bad things happen, I can remind myself that whatever is going on is not happening by accident. There's a reason for it, and it is not always meant for me to know what that reason is.

That change in attitude has been the key to happiness for me.

After underlining the most important sentence to you, write a universal complete sentence theme that depicts the author’s message. This is NOT a summary, but IS what the author’s wants you, the reader, to “get” out of the passage: **Hint: Comprehension + Author’s Craft = Theme**

Amendments, revisions, suggestions after hearing other classmates’ thoughts about this passage: