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Acceptance/Humor
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“How much longer are you going to keep hitting your head up against the wall—trying to change that person, rather than accepting them for who they are?”

“...the serenity to accept the things I cannot change...”

“Serenity is not freedom from the storm but peace within the storm.”

“If you would change your world, first change yourself.”
Ancient Sanskrit Wisdom

“Acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place or 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...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.”
Alcoholics Anonymous

“Accepting things the way they are does not mean I have to like it. I just accept it—that’s the way it is.”

Having a Sense of Humor (Don’t Take Ourselves Too Seriously)

- **“Humor” and “Humility” both come from the same Latin root word “Humus”, meaning “earth”.**
- **We can maintain our sense of humor and our humility when we keep our feet on the ground (earth).**

Inner Strength

**If you can start the day without caffeine or pep pills,
If you can be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food everyday and be grateful for it,
If you can understand when family members are too busy to give you time,
If you can overlook when people take things out on you when, through no
fault of your, something goes wrong,
If you can take criticism and blame without resentment,
If you can face the world without lies and deceit,
If you can relax without liquor,
If you can sleep without the aid of drugs,
If you can do all these things,
Then you are probably the family
cat or dog!**