

aa acceptance is the answer

AA Acceptance Is the Answer: Finding Freedom Through Surrender

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Introduction: The struggle with addiction is often a torturous cycle of denial, relapse, and despair. Breaking free requires a profound shift in perspective, a willingness to confront painful truths, and ultimately, a powerful embrace of acceptance. For millions, the answer lies within the principles and practices of Alcoholics Anonymous (AA), where "AA acceptance is the answer" serves as a guiding principle for lasting sobriety. This article explores the transformative power of acceptance within the AA framework, drawing on personal anecdotes and clinical case studies to illuminate its profound impact on the recovery journey.

The Power of Surrender: Embracing AA Acceptance Is the Answer

The first step toward recovery, often the most challenging, is admitting powerlessness over the addiction. This is where the concept of "AA acceptance is the answer" truly takes hold. It's not about condoning past behaviors; it's about acknowledging their existence without judgment. It's a surrender to the reality of the addiction's grip and a recognition that continued struggle only perpetuates the cycle.

One of my clients, let's call him Mark, spent years battling his alcoholism,

clinging to the belief that he could control his drinking. He repeatedly attempted to moderate his consumption, each attempt ending in devastating relapse. Only when he finally surrendered to his powerlessness, embracing the principle that "AA acceptance is the answer," did he begin to make genuine progress. He started attending AA meetings, and the shared experiences and unconditional support provided a crucial foundation for his healing.

The Role of Self-Compassion in AA Acceptance Is the Answer

Acceptance within AA extends beyond the addiction itself. It encompasses self-acceptance, acknowledging past mistakes and imperfections without self-criticism. This is a crucial step in building self-esteem and fostering a sense of self-worth, often severely damaged by years of substance abuse.

I recall a case study involving Sarah, a woman struggling with both alcoholism and deep-seated feelings of inadequacy. Her journey to recovery was significantly hindered by her self-criticism. Through AA, she learned to practice self-compassion, accepting her flaws and imperfections as part of her human experience. This acceptance, a core tenet of "AA acceptance is the answer," enabled her to build healthier relationships and develop a stronger sense of self.

The Spiritual Dimension: Finding Meaning Through AA Acceptance Is the Answer

Many find that the spiritual aspect of AA is integral to their recovery. This doesn't necessarily imply religious belief; rather, it's about connecting with something larger than oneself, finding meaning and purpose in life beyond the addiction. This spiritual connection fosters hope, resilience, and a sense of belonging.

A former client, David, initially resisted the spiritual aspect of AA. He viewed it as irrelevant to his recovery. However, as he embraced the principles of "AA acceptance is the answer," he began to experience a shift in perspective. He discovered a sense of community and purpose within the AA fellowship, leading to a profound spiritual growth. His newfound sense of meaning became a powerful anchor in his sobriety.

Building a Support System: The Power of Community in "AA Acceptance Is the Answer"

The support system provided by AA is invaluable. Sharing experiences with others who understand the struggles of addiction fosters a sense of belonging and reduces feelings of isolation. This shared experience underscores the truth that "AA acceptance is the answer" is not a solitary journey.

In my work, I've witnessed countless instances where the supportive community within AA has been pivotal in preventing relapse. The shared understanding, empathy, and unwavering support provide a vital safety net for those navigating the complexities of recovery. The shared experience validates their struggle, making them feel less alone in their journey.

The Ongoing Process: AA Acceptance Is the Answer – A Lifetime Commitment

Recovery is not a destination but a continuous process. Acceptance is not a one-time event; it's an ongoing practice that requires consistent effort and self-reflection. Relapse is a possibility, but it doesn't negate the progress made. The key is to learn from setbacks and recommit to the principles of recovery.

The journey toward sobriety, with "AA acceptance is the answer" at its core, is a testament to the human spirit's capacity for resilience and transformation. It is a journey of continuous growth, learning, and self-discovery.

Conclusion:

The principle of "AA acceptance is the answer" is a cornerstone of successful recovery from addiction. It involves surrendering to powerlessness, embracing self-compassion, and connecting with a supportive community. The journey is challenging, but the rewards – freedom from addiction, improved mental and physical health, and a deeper sense of purpose – are immeasurable. Through the support of AA and the unwavering commitment to acceptance, individuals can transform their lives and build a future free from the grip of addiction.

FAQs:

1. What if I don't believe in a higher power? Can I still benefit from AA? Absolutely. The spiritual aspect of AA can be interpreted in many ways, and many find connection and meaning through the fellowship itself, without adhering to a specific religious belief.
1. Is AA the only path to recovery? No, there are many effective paths to recovery, and AA is not suitable for everyone. It's essential to find a program or approach that best suits individual needs and preferences.

1. How long does it take to recover from addiction? Recovery is a lifelong journey, not a destination. There is no set timeline.
1. What if I relapse? Relapse is a common part of the recovery process. The important thing is to learn from the experience, seek support, and recommit to the path of recovery.
1. Can AA help with other addictions besides alcohol? Yes, AA principles can be applied to various addictions. Many groups exist that adapt the AA model for other substances.
1. How do I find an AA meeting near me? You can search online for "AA meetings near me" or contact a local helpline.
1. What is the role of a sponsor in AA? A sponsor provides guidance, support, and accountability to a newcomer in AA.
1. Is it expensive to participate in AA? AA meetings are generally free.
1. Do I have to share my story in an AA meeting? Sharing your story is encouraged but not mandatory. You can participate at your own comfort level.

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aa acceptance is the answer: Carl Jung and Alcoholics Anonymous Ian McCabe, 2018-03-29 The author visited the archives of the headquarters of A.A. in New York, and discovered new communications between Carl Jung and Bill Wilson. For the first time this correspondence shows Jung's respect for A.A. and in turn, its influence on him. In particular, this research shows how Bill Wilson was encouraged by Jung's writings to promote the spiritual aspect of recovery as opposed to the conventional medical model which has failed so abysmally. The book overturns the long-held belief that Jung distrusted groups. Indeed, influenced by A.A.'s success, Jung gave complete and detailed instructions on how the A.A. group format could be developed further and used by general neurotics. Wilson was an advocate of treating some alcoholics with LSD in order to deflate the ego and induce a spiritual experience. The author explains how alcoholism can be diagnosed and understood by professionals and the lay person; by examining the detailed case histories of Jung, the author gives graphic examples of its psychological and behavioural manifestations.

aa acceptance is the answer: *Daily Reflections* A a, Aa World Services Inc, 2017-07-27 This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as *Alcoholics Anonymous*, *Twelve Steps and Twelve Traditions*, *As Bill Sees It* and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. *Daily Reflections* has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

aa acceptance is the answer: Alcoholics Anonymous Comes of Age Alcoholics Anonymous World Services, Inc., 2014-10-09 A.A. co-founder Bill W. tells the story of the growth of Alcoholics Anonymous from its make-or-break beginnings in New York and Akron in the early 1930s to its spread across the country and overseas in the years that followed. A wealth of personal accounts

and anecdotes portray the dramatic power of the A.A. Twelve Step program of recovery — unique not only in its approach to treating alcoholism but also in its spiritual impact and social influence. Bill recounts the evolution of the Twelve Steps, the Twelve Traditions and the Twelve Concepts for World Service — those principles and practices that protect A.A.'s Three Legacies of Recovery, Unity and Service — and how in 1955 the responsibility for these were passed on by the founding members to the Fellowship (A.A.'s membership at large). In closing chapters of *Alcoholics Anonymous Comes of Age*, early friends of A.A., including the influential Dr. Silkworth and Father Ed Dowling, share their perspectives. Includes 16 pages of archival photographs. For those interested in the history of A.A. and how it has withstood the test of time, *Alcoholics Anonymous Comes of Age* offers on the growth of this ground-breaking movement. *Alcoholics Anonymous Comes of Age* has been approved by the General Service Conference.

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aa acceptance is the answer: *What Is Contemplation?* Thomas Merton, There are so many Christians who do not appreciate the magnificent dignity of their vocation to sanctity, to the knowledge, love and service of God. There are so many Christians who do not realize what possibilities God has placed in the life of Christian perfection — what possibilities for joy in the knowledge and love of Him. There are so many Christians who have practically no idea of the immense love of God for them, and of the power of that Love to do them good, to bring them happiness. Why do we think of the gift of contemplation, infused contemplation, mystical prayer, as something essentially strange and esoteric reserved for a small class of almost unnatural beings and prohibited to everyone else? It is perhaps because we have forgotten that contemplation is the work of the Holy Ghost acting on our souls through His gifts of Wisdom and Understanding with special intensity to increase and perfect our love for Him. These gifts are part of the normal equipment of Christian sanctity. They are given to all in Baptism, and if they are given it is presumably because God wants them to be developed. Their development will always remain the free gift of God and it is true that His wise Providence sees fit to develop them less in some saints than in others. But it is also true that God often measures His gifts by our desire to receive them, and by our cooperation with His grace, and the Holy Spirit will not waste any of His gifts on people who have little or no interest in them.

aa acceptance is the answer: The Steps We Took Joe McQ, 2015-01-01 The words of this book's title are said aloud every day by thousands of people meeting together to help each other recover from addiction.s the addictions may be to alcohol or cocaine, gambling or food, violence or sex, but the path to recovery is the same. The exciting thing about the Twelve Steps is that they teach us how to live. Once we know the design of living and the principles of living a successful life, we find that we not only get over the problems we see, but we avoid many other problems we would have had. To me, the miracle is that all this was boiled down into twelve simple Steps that anybody can apply. This is a book of plain-spoken wisdom for people with addictions and people who love them. Joe McQ has been a student of the Twelve Steps for more than three decades. He, like tens of thousands of others, lives them every day, one day at a time. In *The Steps We Took*, Joe takes us through them, one Step at a time, and helps us understand how they work-and how they can change our lives.

aa acceptance is the answer: Carry This Message Joe McQ, 2002 As an internationally respected teacher and lecturer on the Twelve Step method introduced by Alcoholics Anonymous, Joe McQ knows that sponsorship is a key construct for the success of the program because it involves moving a person through the Twelve Step process to recovery. In the early days of AA, sponsors would come to the alcoholic's home and talk him through Steps 1 and 2, and when they were thoroughly convinced he was ready, they would start him on the program. Step 12 is the foundation

of sponsorships: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, to practice these principles in all our affairs. Carry This Message addresses McQ's concern that sponsors have lost some skills in working with alcoholics. AA sponsors need to refocus on the Big Book, on the Twelve Steps, and on their message, urges McQ, to recognize the value of the program and to return to its roots and essence. Directed to sponsors, this is a companion book to The Steps We Took, offering tools for helping others find recovery and new life through the Twelve Step program.

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speaking two different languages? #1 New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language-quality time, words of affirmation, gifts, acts of service, or physical touch. By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally syndicated daily radio program called A Love Language Minute that can be heard on more than 150 radio stations as well as the weekly syndicated program Building Relationships with Gary Chapman, which can both be heard on fivelovelanguages.com. The Five Love Languages is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

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aa acceptance is the answer: There's More to Quitting Drinking than Quitting Drinking Dr. Paul O., 2022-01-14 And acceptance is the answer to all my problems ... You may already know of Dr. Paul's wisdom through the often-quoted passage from his story in the 3rd and 4th editions of A.A.'s Big Book, Alcoholics Anonymous. Dr. Paul continues sharing his astute insight and gentle humor in There's More To Quitting Drinking Than Quitting Drinking with discussions of the physical, mental, emotional, interpersonal and spiritual aspects of sobriety. Acceptance, Dr. Paul writes, has to be repeated over and over and over again with every new situation and circumstance. It isn't a destination; it's a continuous process, a journey, a philosophy, a way of life." This book is for the person who has achieved his or her initial goal in a Twelve Step program and now wants more -- more of everything the program has to offer, more of everything they can get by expanding their thinking and extending themselves.

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empowering, practical guide to help the brothers and sisters of alcoholics-by a journalist and sibling of two alcoholics, and an addiction specialist

aa acceptance is the answer: The Book That Started It All Alcoholics Anonymous, 2010-09-03 The Book That Started It All Hardcover

aa acceptance is the answer: Positive Intelligence Shirzad Chamine, 2012 Chamine exposes how your mind is sabotaging you and keeping you from achieving your true potential. He shows you how to take concrete steps to unleash the vast, untapped powers of your mind.

aa acceptance is the answer: Writing the Big Book William H. Schaberg, 2019-09-24 The definitive history of writing and producing the Big Book of Alcoholics Anonymous, told through extensive access to the group's archives. Alcoholics Anonymous is arguably the most significant self-help book published in the twentieth century. Released in 1939, the "Big Book," as it's commonly known, has sold an estimated 37 million copies, been translated into seventy languages, and spawned numerous recovery communities around the world while remaining a vibrant plan for recovery from addiction in all its forms for millions of people. While there are many books about A.A. history, most rely on anecdotal stories told well after the fact by Bill Wilson and other early members—accounts that have proved to be woefully inaccurate at times. Writing the Big Book brings exhaustive research, academic discipline, and informed insight to the subject not seen since Ernest Kurtz's *Not-God*, published forty years ago. Focusing primarily on the eighteen months from October 1937, when a book was first proposed, and April 1939 when Alcoholics Anonymous was published, Schaberg's history is based on eleven years of research into the wealth of 1930s documents currently preserved in several A.A. archives. Woven together into an exciting narrative, these real-time documents tell an almost week-by-week story of how the book was created, providing more than a few unexpected turns and surprising departures from the hallowed stories that have been so widely circulated about early A.A. history. Fast-paced, engaging, and contrary, *Writing the Big Book* presents a vivid picture of how early A.A. operated and grew and reveals many previously unreported details about the colorful cast of characters who were responsible for making that group so successful.

aa acceptance is the answer: 10 Step Inventory Journal T. H. E. Fourth DIMENSION BOOKS, 2021-02-04 We alcoholics are undisciplined page 88 of the Big Book of Alcoholics Anonymous. This 10th Step Journal is an accountability tool. This is wonderful for newcomers in their first 90 days or someone with longer sobriety/clean time that needs a little help staying on track and keeping track of the nightly 10th step inventory. The 10th step inventory questions are listed each day, along with a blank page alongside it, for additional note taking. We hope that using this notebook journal will aide you in the working of the AA steps and may it help you to stay clean and sober.

aa acceptance is the answer: 12-step Horror Stories Rebecca Fransway, 2000 Since leaving Alcoholics Anonymous after 17 wasted years, Fransway has devoted herself to exposing horrifying first-person accounts of physical, sexual, and emotional abuse in 12-step programs.

aa acceptance is the answer: The Soul of Sponsorship Robert Fitzgerald, 2011-03-04 The Soul of Sponsorship explores the relationship of Bill Wilson, cofounder of Alcoholics Anonymous, and his spiritual adviser and friend, Father Ed Dowling. Many might consider that such a remarkable individual as Bill Wilson, who was the primary author of AA literature, would be able to deal with many of life's problems on his own. Reading *The Soul of Sponsorship* will illuminate and answer the question of how Father Ed, an Irish Catholic Jesuit priest who was not an alcoholic, was able to be of such great help to Bill Wilson. Part of AA's Twelfth Step reminds us to carry this message to alcoholics, and *The Soul of Sponsorship* illustrates how sober alcoholics still need the principles of the Twelve Steps brought to them by friends, sponsors, and spiritual advisers. Some of the problems faced by Bill Wilson were: - depression in recovery - dependency issues - whether or not to experiment with LSD - the place of money and power in AA - knowing God's plan and will - learning from mistakes Father Ed taught Bill the importance of discernment. In Father Ed's Jesuit tradition, discernment was a gift, passed down to him from St. Ignatius, the founder of the Jesuits, who

described his own struggle with discernment in *The Spiritual Exercises of St. Ignatius*. The Twelve Steps of AA and *The Spiritual Exercises of St. Ignatius* presuppose that there is a caring God whose will can be known. The act of tuning in to God's action at one's center is discernment. The big question is, how do you know your Higher Power is speaking and revealing Himself through your feelings and desires? For the good of AA and himself, Bill learned to listen to his desires, be aware of his inner dynamics, and tune into the action of God within. Doing this meant learning to recognize and identify his personal movements -- those inner promptings and attractions often called emotions or affections -- which are part of ordinary human experiences. The person who helped Bill grow in discernment was Father Ed, the Jesuit priest with a cane who limped into the New York AA clubhouse one sleet-filled November night in 1940. The two fellow travelers, Father Ed Dowling and Bill Wilson, gave each other perhaps the greatest gift friends can give: calling on each to know who he is -- before God.

aa acceptance is the answer: *Emotional Sobriety* Aa Grapevine, 2011 Volume Two of one of our most popular books. Sober AA members describe the positive transformations sobriety can bring as they practice the principles of the program in all aspects of their lives.

aa acceptance is the answer: Occupational Therapy Practice Framework: Domain and Process Aota, 2014 As occupational therapy celebrates its centennial in 2017, attention returns to the profession's founding belief in the value of therapeutic occupations as a way to remediate illness and maintain health. The founders emphasized the importance of establishing a therapeutic relationship with each client and designing an intervention plan based on the knowledge about a client's context and environment, values, goals, and needs. Using today's lexicon, the profession's founders proposed a vision for the profession that was occupation based, client centered, and evidence based--the vision articulated in the third edition of the Occupational Therapy Practice Framework: Domain and Process. The Framework is a must-have official document from the American Occupational Therapy Association. Intended for occupational therapy practitioners and students, other health care professionals, educators, researchers, payers, and consumers, the Framework summarizes the interrelated constructs that describe occupational therapy practice. In addition to the creation of a new preface to set the tone for the work, this new edition includes the following highlights: a redefinition of the overarching statement describing occupational therapy's domain; a new definition of clients that includes persons, groups, and populations; further delineation of the profession's relationship to organizations; inclusion of activity demands as part of the process; and even more up-to-date analysis and guidance for today's occupational therapy practitioners. Achieving health, well-being, and participation in life through engagement in occupation is the overarching statement that describes the domain and process of occupational therapy in the fullest sense. The Framework can provide the structure and guidance that practitioners can use to meet this important goal.

aa acceptance is the answer: Moments of Clarity Christopher Kennedy Lawford, 2008-12-24 Christopher Kennedy Lawford's New York Times bestselling memoir, *Symptoms of Withdrawal*, offered readers a startling, first-hand look at his own addictions to drugs and alcohol, prompting *People* magazine to write, "Few have written so well about the joy of drugs, and few are as unsparing about their drug-driven selfishness." In his bestselling follow-up, *Moments of Clarity*, Lawford presents "Voices from the Front Lines of Addiction and Recovery." With contributions from Tom Arnold, Alec Baldwin, Meredith Baxter, Jamie Lee Curtis, Richard Dreyfuss, Anthony Hopkins and many others, *Moments of Clarity* is an important addition to the literature of recovery.

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aa acceptance is the answer: *Quit Like a Woman* Holly Glenn Whitaker, 2020-01-09 *The book that inspired Chrissy Teigen and Sex and The City's Miranda to quit drinking* _____ 'An incredible read' - Chrissy Teigen 'Has the power to change your relationship with your entire life' - Glennon Doyle 'This thoughtful, moving book will help a lot of people get to a healthier place' - Johann Hari _____ We live in a world obsessed with drinking. We drink at work events, lunches, book clubs and weddings. Yet no one ever questions alcohol's ubiquity. In fact, the only thing ever questioned is why people don't drink. It is a qualifier for belonging. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some sort of magic elixir. It is anything but. When Holly Whitaker started to look for a way to recover, the support systems she found for recovery were archaic and patriarchal. Urging drinkers towards a newfound humility is great if you're a man, but if you're a woman and not in a position to renounce privileges you never had, a whole other approach is needed. Honest, witty and trenchant, *Quit Like a Woman* is at once a ground-breaking look at drinking culture, a call to arms, and a celebration of learning how to claim everything life has to offer.

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