

Serenity in All Our Affairs

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"We can laugh at those who think spirituality the way of weakness."
BB pg 68

ACCEPTANCE

Serenity is our default state. How do we lose serenity?

How do you define acceptance?

What is the difference between accepting something and supporting something?

Acting as if is a key to accepting the "unacceptable."

"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." BB pg 417

ANGER AND FIGHTING

"We have ceased fighting anything or anyone." What is the practicality of this promise?

What fights do we tend to get into?

"We avoid retaliation or argument." BB pg 67

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us...But are there no exceptions to this rule? What about "justifiable" anger?... We have found that justified anger ought to be left to those better qualified to handle it...As we saw it, our wrath was always justified." 12 & 12 pg 90

"If only his arrangements would stay put, if only people would do as he wished, the show would be great...In trying to make these arrangements our actor may sometimes be quite virtuous...Is he not really a self-seeker even when trying to be kind?" BB pg 61

Fighting: Asserting your will, desire, or position on another person.

Manipulating: Exerting influence to ensure a particular outcome

Fighting and manipulation are both forms of asserting your views on others.

Under the definition of fighting above, what forms could fighting take in our daily lives?

We said earlier that acceptance is not the same as support. What might it look like to accept something difficult and also NOT support it?

"Were we kind and loving toward all?" BB pg 86

Disagree.....Argue
Express.....Intolerance
Explaining.....Shaming
Vent.....Gossip

What is one element that differentiates all these pairs?

Does the principle of "attraction rather than promotion" apply to the "affair" of acceptance? If so, how?

"Our first job is to sidestep the traps." 12 & 12 pg 91

"Such a radical change in our outlook will take time, maybe a lot of time. Not many people can truthfully assert that they love everybody. Most of us must admit that we have loved but a few; that we have been quite indifferent to the many so long as none of them gave us trouble; and as for the remainder-- well, we have really disliked or hated them. Although these attitudes are common enough, we AA's find we need something much better in order to keep our balance. We can't stand it if we hate deeply. The idea that we can be possessively loving of a few, can ignore the many, and can continue to fear or hate *anybody*, has to be abandoned, if only a little at a time."

12 & 12 pg 92-93