

ACCEPTANCE. I got angry. I screamed and postured and I did a lot of damage in the process. **All** that has happened was meant to happen - nothing has happened that wasn't meant to happen. **We** find it difficult to accept this. If we learnt to accept, we would make the changes that are meant to be made and otherwise cope with inevitability. **Instead** we get angry and do a lot of damage.

But acceptance has nothing to do with fatalism.

Acceptance regards the past only. It is foolish to allow the notion of acceptance to impact one's outlook on the future. Our decisions for the future must be guided by careful judgement.

So we must face reality and, for instance, accept the abuse that occurred in the past, but we shall not accept that it continues. It is important to recognise the point from when to accept no more.

ac·cep·tance

the realisation of a fact or truth, resulting in a person's willingness to come to terms with it

fa·tal·ism

the attitude of resignation and passivity resulting from the belief that one is powerless against fate