

## Counseling Through a Perspective of Acceptance

Acceptance means that you can find the serenity within to let go of the past with its mistakes and regrets, move into the future with a new perspective, and appreciate the opportunity to take a second chance.

Acceptance means that when difficult times come into your life, you'll find security again and comfort to relieve any pain. You'll find new dreams fresh hopes, and forgiveness of the heart.

Acceptance does not mean that you will always be perfect. It simply means that you you'll always overcome imperfection.

Acceptance is the road to peace - letting go of the worst, holding on to the best, and finding the hope inside that continues throughout life.

Acceptance is the heart's best defense, love's greatest asset, and the easiest way to keep believing in yourself and others.

Regina Hill