

Abraham Maslow

Quotes

*Self, Men, People, Creativity, Motivation, Inspirational, Safety, Children, Life,
Peak Experiences, Mean, Self Esteem, Fear, Thinking, Needs, God,
Communication, Real, Reality, World*

One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again.

~Abraham Maslow

If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life.

~Abraham Maslow

When people appear to be something other than good and decent, it is only because they are reacting to stress, pain, or the deprivation of basic human needs such as security, love, and self-esteem.

~Abraham Maslow

You will either step forward into growth or you will step back into safety.

~Abraham Maslow

All of life is education and everybody is a teacher and everybody is forever a pupil.

~Abraham Maslow

I can feel guilty about the past, Apprehensive about the future, but only in the present can I act. The ability to be in the present moment is a major component of mental wellness.

~Abraham Maslow

If you only have a hammer, you tend to see every problem as a nail.

~Abraham Maslow

Education is learning to grow, learning what to grow toward, learning what is good and bad, learning what is desirable and undesirable, learning what to choose and what not to choose.

~Abraham Maslow

What is necessary to change a person is to change his awareness of himself.

~Abraham Maslow

The fact is that people are good, Give people affection and security, and they will give affection and be secure in their feelings and their behavior.

~Abraham Maslow

Self-actualizing people have a deep feeling of identification, sympathy, and affection for human beings in general. They feel kinship and connection, as if all people were members of a single family.

~Abraham Maslow

One's only failure is failing to live up to one's own possibilities.

~Abraham Maslow

The most beautiful fate, the most wonderful good fortune that can happen to any human being, is to be paid for doing that which he passionately loves to do.

~Abraham Maslow

The only happy people I know are the ones who are working well at something they consider important.

~Abraham Maslow

Life is an ongoing process of choosing between safety (out of fear and need for defense) and risk (for the sake of progress and growth). Make the growth choice a dozen times a day.

~Abraham Maslow

Every person is, in part, 'his own project' and makes himself.

~Abraham Maslow

One cannot choose wisely for a life unless he dares to listen to himself, his own self, at each moment of his life.

~Abraham Maslow

Dispassionate objectivity is itself a passion, for the real and for the truth.

~Abraham Maslow

Common sense means living in the world as it is today; but creative people are people who don't want the world as it is today but want to make another world.

~Abraham Maslow

One of the goals of education should be to teach that life is precious.

~Abraham Maslow

Language can be a way of hiding your thoughts and preventing communication.

~Abraham Maslow

A stupid man behaves stupidly, not because he wants to, or tries to, or is motivated to, but simply because he is what he is.

~Abraham Maslow

The ability to be in the present moment is a major component of mental wellness.

~Abraham Maslow

A first-rate soup is more creative than a second-rate painting.

~Abraham Maslow

We are not in a position in which we have nothing to work with. We already have capacities, talents, direction, missions, callings.

~Abraham Maslow

Self-actualized people...live more in the real world of nature than in the man-made mass of concepts, abstractions, expectations, beliefs and stereotypes that most people confuse with the world.

~Abraham Maslow

We must understand love; we must be able to teach it, to create it, to predict it, or else the world is lost to hostility and to suspicion.

~Abraham Maslow

If I were dropped out of a plane into the ocean and told the nearest land was a thousand miles away, I'd still swim. And I'd despise the one who gave up.

~Abraham Maslow

Life could be vastly improved if we could count our blessings as self-actualizing people can and do, and if we could retain their constant sense of good fortune and gratitude for it.

~Abraham Maslow

It isn't normal to know what we want. It is a rare and difficult psychological achievement.

~Abraham Maslow

(Some people) have a wonderful capacity to appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder, and even ecstasy.

~Abraham Maslow

The study of crippled, stunted, immature, and unhealthy specimens can yield only a cripple psychology and a cripple philosophy

~Abraham Maslow

Creativity is a characteristic given to all human beings at birth.

~Abraham Maslow

We must remember that knowledge of one's own deep nature is also simultaneously knowledge of human nature in general.

~Abraham Maslow

The story of the human race is the story of men and women selling themselves short.

~Abraham Maslow

What one can be, one must be!

~Abraham Maslow

A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself.

~Abraham Maslow

What a man can be, he must be. This need we call self-actualization.

~Abraham Maslow

When we free ourselves from the constraints of ordinary goals and uninformed scoffers we will find ourselves roaring off the face of the earth.

~Abraham Maslow

It seems that the necessary thing to do is not to fear mistakes, to plunge in, to do the best that one can, hoping to learn enough from blunders to correct them eventually.

~Abraham Maslow

What is life for? Life is for you.

~Abraham Maslow

The good or healthy society would then be defined as one that permitted people's highest purposes to emerge by satisfying all their basic needs.

~Abraham Maslow

We crave and fear becoming truly ourselves

~Abraham Maslow

If the essential core of the person is denied or suppressed, he gets sick sometimes in obvious ways, sometimes in subtle ways, sometimes immediately, sometimes later.

~Abraham Maslow

One's only rival is one's own potentialities. One's only failure is failing to live up to one's own possibilities. In this sense, every man can be a king, and must therefore be treated like a king.

~Abraham Maslow

The spiritual life is part of the human essence. It is a defining characteristic of human nature, without which human nature is not fully human.

~Abraham Maslow

Man has his future within him, dynamically alive at this present moment.

~Abraham Maslow

We fear our highest possibility. We are generally afraid to become that which we can glimpse in our most perfect moments.

~Abraham Maslow

But behavior in the human being is sometimes a defense, a way of concealing motives and thoughts, as language can be a way of hiding your thoughts and preventing communication.

~Abraham Maslow

We need not take refuge in supernatural gods to explain our saints and

sages and heroes and statesmen, as if to explain our disbelief that mere unaided human beings could be that good or wise.

~Abraham Maslow

We do what we are and we are what we do.

~Abraham Maslow

No psychological health is possible unless this essential care of the person is fundamentally accepted, loved and respected by others and by himself.

~Abraham Maslow

I was awfully curious to find out why I didn't go insane.

~Abraham Maslow

One can go back toward safety or forward toward growth.

~Abraham Maslow

Laugh at what you hold sacred, and still hold it sacred.

~Abraham Maslow

Where was the human potential lost? How was it crippled? ...a good question might be not why do people create? But why do people not create or innovate?

~Abraham Maslow

The human being needs a framework of values, a philosophy of life, a religion or religion-surrogate to live by and understand by, in about the same sense that he needs sunlight, calcium or love.

~Abraham Maslow

Only the flexibly creative person can really manage the future, Only the one who can face novelty with confidence and without fear.

~Abraham Maslow

He that is good with a hammer tends to think everything is a nail.

~Abraham Maslow

The most stable, and therefore, the most healthy self-esteem is based on deserved respect from others rather than on external fame or celebrity and unwarranted adulation.

~Abraham Maslow

People are not evil; they are schlemiels.

~Abraham Maslow

Boys will be boys as long as there are no girls in the picture.

~Abraham Maslow

What does 'happy' mean? Happiness is not a state like Vermont.

~Abraham Maslow

Be independent of the good opinion of other people.

~Abraham Maslow

In the ideal college, intrinsic education would be available to anyone who wanted it...The college would be life-long, for learning can take place all through life.

~Abraham Maslow

Fear of knowing is very deeply a fear of doing.

~Abraham Maslow

We may define therapy as a search for value.

~Abraham Maslow

The chicken came first - God would look silly sitting on an egg.

~Abraham Maslow

The emotional reaction in the peak experience has a special flavor of wonder, of awe, of reverence, of humility and surrender before the experience as before something great.

~Abraham Maslow

What we call 'normal' in psychology is really a psychopathology of the average, so undramatic and so widely spread that we don't even notice it ordinarily.

~Abraham Maslow

The theory of science which permits and encourages the exclusion of so much that is true and real and existent cannot be considered a comprehensive science.

~Abraham Maslow

We have got to abandon the sense of amazement in the face of creativity, as if it were a miracle if anybody created anything.

~Abraham Maslow

Human beings seem to be far more autonomous and self-governed than modern psychological theory allows for.

~Abraham Maslow

Religion becomes a state of mind achievable in almost any activity of life, if this activity is raised to a suitable level of perfection.

~Abraham Maslow

Expression and communication in the peak-experiences tend often to become poetic, mythical, and rhapsodic, as if this were the natural kind of language to express such states of being.

~Abraham Maslow

What kind of guilt comes from being true to yourself but not to others?. As we have seen, being true to yourself may at times intrinsically and

necessarily be in conflict with being true to others.

~Abraham Maslow

Secrecy, censorship, dishonesty, and blocking of communication threaten all the basic needs.

~Abraham Maslow

An invisible car came out of nowhere, struck my vehicle and vanished.

~Abraham Maslow

The key question isn't, 'What fosters creativity?' But it is, 'Why isn't everyone creative?'

~Abraham Maslow

The major motivation theories by which most men live can lead them only to depression and cynicism.

~Abraham Maslow

We fear to know the fearsome and unsavory aspects of ourselves, but we fear even more to know the godlike in ourselves.

~Abraham Maslow

If you treat your children at home in the same way you treat your animals in the lab, your wife will scratch your eyes out. My wife ferociously warned me against experimenting on her babies.

~Abraham Maslow

Creative people are all there, totally immersed, fascinated and absorbed in the present, in the current situation, in the here-now, with the matter-in-hand.

~Abraham Maslow

Well why not a technology of joy, of happiness?

~Abraham Maslow

...the great lesson is that the sacred is in the ordinary, that it is to be found in one's daily life, in one's neighbors, friends, and family, in one's backyard.

~Abraham Maslow

Become aware of internal, subjective, sub-verbal experiences, so that these experiences can be brought into the world of abstraction.

~Abraham Maslow

To make the growth choice instead of the fear choice a dozen times a day is to move a dozen times a day towards self-actualisation.

~Abraham Maslow

If you love the truth, you'll trust it - that is, you will expect it to be good, beautiful, perfect, orderly, etc., in the long run, not necessarily in the short run.

~Abraham Maslow

Love, safety, belongingness and respect from other people are almost panaceas for the situational disturbances and even for some of the mild character disturbances.

~Abraham Maslow

I have learned the novice can often see things that the expert overlooks. All that is necessary is not to be afraid of making mistakes, or of appearing naive.

~Abraham Maslow

To the man who only has a hammer, everything he encounters begins to look like a nail.

~Abraham Maslow

Getting used to our blessings is one of the most important non-evil generators of human evil, tragedy and suffering.

~Abraham Maslow

The loss of illusions and the discovery of identity, though painful at first, can be ultimately exhilarating and strengthening.

~Abraham Maslow

A child wants some kind of undisrupted routine or rhythm. He seems to want a predictable, orderly world.

~Abraham Maslow

Apparently one impression we are making... is that creativeness consists of lightning striking you on the head in one great glorious moment.

~Abraham Maslow

The fact that people who create are good workers tends to be lost.

~Abraham Maslow

Quitting smoking can be a very good test of ones character. Pass the test and you will have accomplished so much more than just get rid of one bad habit

~Abraham Maslow

Self-actualizing people must be what they can be.

~Abraham Maslow

What shall we think of a well-adjusted slave?

~Abraham Maslow

It is vital that people "count their blessings:" to appreciate what they possess without having to undergo its actual loss.

~Abraham Maslow

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