

Albert Ellis

Quotes

*People, Thinking, Hate, Self, Real, Worry, Years, World, Mean, Anxiety,
Acceptance, Self Esteem, Philosophy, Sex, Goal, Children, Emotional, Belief,
Men, War*

People and things do not upset us. Rather, we upset ourselves by believing that they can upset us.

~Albert Ellis

There are three musts that hold us back: I must do well. You must treat me well. And the world must be easy.

~Albert Ellis

You mainly feel the way you think.

~Albert Ellis

The best years of your life are the ones in which you decide your problems are your own.

~Albert Ellis

If you would stop, really stop, damning yourself, others, and unkind conditions, you would find it almost impossible to upset yourself emotionally - about anything. Yes, anything.

~Albert Ellis

By honestly acknowledging your past errors, but never damning yourself for them, you can learn to use your past for your own future benefit.

~Albert Ellis

Stop shoulding on yourself

~Albert Ellis

Neurosis is just a high-class word for whining.

~Albert Ellis

The attitude of unconditional self-acceptance is probably the most important variable in their long-term recovery.

~Albert Ellis

The trouble with most therapy is that it helps you feel better. But you don't get better. You have to back it up with action, action, action.

~Albert Ellis

Acceptance is not love. You love a person because he or she has lovable traits, but you accept everybody just because they're alive and human.

~Albert Ellis

Thinking rationally is often different from "positive thinking," in that it is a realistic assessment of the situation, with a view towards rectifying the problem if possible.

~Albert Ellis

Even injustice has its good points. It gives me the challenge of being as happy as I can in an unfair world.

~Albert Ellis

The great majority of the things we now make ourselves panicked about are self-created 'dangers' that exist almost entirely in our own imaginations.

~Albert Ellis

Religious creeds encourage some of the craziest kinds of thoughts, emotions, and behaviors and favor severe manifestations of neurosis, borderline personality states, and sometimes even psychosis.

~Albert Ellis

To err is human; to forgive people and yourself for poor behavior is to be sensible and realistic.

~Albert Ellis

Self-esteem is the greatest sickness known to man or woman because it's conditional.

~Albert Ellis

Even when people act nastily to you, don't condemn them or retaliate.

~Albert Ellis

Being assertive does not mean attacking or ignoring others feelings. It means that you are willing to hold up for yourself fairly-without attacking others.

~Albert Ellis

You largely constructed your depression. It wasn't given to you. Therefore, you can deconstruct it.

~Albert Ellis

When people change their irrational beliefs to undogmatic flexible preferences, they become less disturbed.

~Albert Ellis

Failure doesn't have anything to do with your intrinsic value as a person.

~Albert Ellis

Whatever may be, I am still largely the creator and ruler of my emotional destiny.

~Albert Ellis

Convince yourself that worrying about many situations will make them worse rather than improve them.

~Albert Ellis

In fact most of what we call anxiety is overconcern about what someone thinks of you.

~Albert Ellis

You never truly need what you want. That is the main and thoroughgoing key to serenity.

~Albert Ellis

Happiness is experienced largely in striving towards a goal, not in having attained things, because our nature is always to want to go on to the next endeavor.

~Albert Ellis

Strong feelings are fine; it's the overreactions that mess us up.

~Albert Ellis

I wrote several articles criticizing psychoanalysis, but the analysts weren't listening to my objections. So I finally quit after practicing it for six years.

~Albert Ellis

Many psychoanalysts refused to let me speak at their meetings. They were exceptionally vigorous because I had previously been an analyst and they were very angry at my flying the coop.

~Albert Ellis

Freud had a gene for inefficiency, and I think I have a gene for efficiency.

~Albert Ellis

I had used eclectic therapy and behavior therapy on myself at the age of 19 to get over my fear of public speaking and of approaching young women in public.

~Albert Ellis

We can actually put the essence of neurosis in a single word: blaming - or damning.

~Albert Ellis

By not caring too much about what people think, I'm able to think for myself and propagate ideas which are very often unpopular. And I succeed.

~Albert Ellis

For that again, is what all manner of religion essentially is: childish dependency.

~Albert Ellis

Rational beliefs bring us closer to getting good results in the real world.

~Albert Ellis

Most people would have given up when faced with all the criticism I've received over the years.

~Albert Ellis

People got insights into what was bothering them, but they hardly did a damn thing to change.

~Albert Ellis

You have only to exist as you do and to live your life as best you can.

~Albert Ellis

Worrying about dying will hardly help you live.

~Albert Ellis

Needing leads to bleeding - to almost all inevitable suffering.

~Albert Ellis

Eating is always a decision, nobody forces your hand to pick up food and put it into your mouth.

~Albert Ellis

The individual is taught that there is nothing that he as a total person is

to feel ashamed of or self-hating for.

~Albert Ellis

Whining about your own, others', or the world's failings is a main element in what we usually call neurosis.

~Albert Ellis

The more sinful and guilty a person tends to feel, the less chance there is that he will be a happy, healthy, or law-abiding citizen. He will become a compulsive wrong-doer.

~Albert Ellis

The art of love is largely the art of persistence.

~Albert Ellis

People have motives and thoughts of which they are unaware.

~Albert Ellis

There's no evidence whatsoever that men are more rational than women. Both sexes seem to be equally irrational.

~Albert Ellis

Much of what we call emotion is nothing more or less than a certain kind - a biased, prejudiced, or strongly evaluative kind - of thought.

~Albert Ellis

Let's suppose somebody abused you sexually. You still had a choice, though not a good one, about what to tell yourself about the abuse.

~Albert Ellis

Lack of forgiveness of others breeds lack of self-forgiveness.

~Albert Ellis

I think it's unfair, but they have the right as fallible, screwed-up humans

to be unfair; that's the human condition.

~Albert Ellis

Whenever you avoid alarming situations, you almost always increase your anxiety about them.

~Albert Ellis

We teach people that they upset themselves. We can't change the past, so we change how people are thinking, feeling and behaving today.

~Albert Ellis

People don't just get upset. They contribute to their upsetness.

~Albert Ellis

If the Martians ever find out how human beings think, they'll kill themselves laughing.

~Albert Ellis

And just as two wrongs don't make a right, rage against offenders is probably the worst way to try to correct them.

~Albert Ellis

If something is irrational, that means it won't work. It's usually unrealistic.

~Albert Ellis

We can't change the past, so we change how people are thinking, feeling and behaving today.

~Albert Ellis

Most things worth having require some sacrifice, usually more than you expect.

~Albert Ellis

So I'd better stop my whining and help myself cope better with even the worst Adversities.

~Albert Ellis

The goal of all life is to have a ball.

~Albert Ellis

I started to call myself a rational therapist in 1955; later I used the term rational emotive. Now I call myself a rational emotive behavior therapist.

~Albert Ellis

Unless, of course, you insist on identifying yourself with the people and things you love; and thereby seriously disturb yourself.

~Albert Ellis

People could rationally decide that prolonged relationships take up too much time and effort and that they'd much rather do other kinds of things. But most people are afraid of rejection.

~Albert Ellis

If I had been a member of the academic establishment, I could have done other experiments.

~Albert Ellis

I would have liked having children to some degree, but frankly I haven't got the time to take the kids to the goddamn ballgame.

~Albert Ellis

In the old days we used to get more referrals, because people had insurance that paid for therapy. Now they belong to HMOs, and we can only be affiliated with a few HMOs.

~Albert Ellis

As a result of my philosophy, I wasn't even upset about Hitler. I was willing to go to war to knock him off, but I didn't hate him. I hated what he was doing.

~Albert Ellis

The easy way out is often just that-the 'easy' way out of the most rewarding lifestyle.

~Albert Ellis

I teach people to be flexible, scientific and logical in their thinking and therefore to be less prone to brainwashing by the therapist.

~Albert Ellis

I get people to truly accept themselves unconditionally, whether or not their therapist or anyone loves them.

~Albert Ellis

I thought foolishly that Freudian psychoanalysis was deeper and more intensive than other, more directive forms of therapy, so I was trained in it and practiced it.

~Albert Ellis

Worry itself is one of the most painful conditions.

~Albert Ellis

The world consists mainly of love slobbs who need other people's approval. Most people don't live their own lives very well.

~Albert Ellis

I hope to die in the saddle seat.

~Albert Ellis

I regret that I've been so busy with clinical work that I haven't been able to spend much time on experiments and outcome studies.

~Albert Ellis

I'm very happy. I like my work and the various aspects of it - going around the world, teaching the gospel according to St. Albert.

~Albert Ellis

There's no evidence whatsoever that men are more rational than women or that men are more willing to surrender their irrational beliefs. Both sexes seem to be equally irrational.

~Albert Ellis

Religious fanaticism has clearly produced, and in all probability will continue to produce, enormous amounts of bickering, fighting, violence, bloodshed, homicide, feuds, wars, and genocide.

~Albert Ellis

I would have liked having children to some degree, but frankly I haven't got the time to take the kids to the goddamn ballgame. So it would have had more disadvantages than advantages for them.

~Albert Ellis

I would like to be remembered as one of the individuals who founded, ideologically and practically, cognitive behavior therapy and who pioneered multimodal or integrated therapy.

~Albert Ellis

Freud had a gene for inefficiency, and I think I have a gene for efficiency. Had I not been a therapist, I would have been an efficiency expert.

~Albert Ellis

As a matter of fact, as a result of my philosophy, I wasn't even upset about Hitler. I was willing to go to war to knock him off, but I didn't hate him. I hated what he was doing.

~Albert Ellis

I'm one of the best-loved psychologists in the United States, but I'm also probably the most hated one.

~Albert Ellis

Humans can always accept themselves unconditionally.

~Albert Ellis

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