

Alfred Adler

Quotes

Children, Peace, War, Real, Mean, Self, Feelings, Heart, Men, Goal, Teacher, Reality, Psychology, Science, Knowing, Lying, Giving, Life, Tears, Follow Your Heart

Follow your heart but take your brain with you.

~Alfred Adler

Overcoming difficulties leads to courage, self-respect, and knowing yourself.

~Alfred Adler

Men of genius are admired, men of wealth are envied, men of power are feared; but only men of character are trusted.

~Alfred Adler

You can be healed of depression if every day you begin the first thing in the morning to consider how you will bring a real joy to someone else.

~Alfred Adler

It is very obvious that we are not influenced by "facts" but by our interpretation of the facts.

~Alfred Adler

The only normal people are the ones you don't know very well.

~Alfred Adler

Meanings are not determined by situations, but we determine ourselves by the meanings we give to situations.

~Alfred Adler

Trust only movement. Life happens at the level of events, not of words. Trust movement.

~Alfred Adler

Life is just the same as learning to swim. Do not be afraid of making mistakes, for there is no other way of learning how to live!

~Alfred Adler

To see with the eyes of another, to hear with the ears of another, to feel with the heart of another. For the time being, this seems to me an admissible definition of what we call social feeling.

~Alfred Adler

A simple rule in dealing with those who are hard to get along with is to remember that this person is striving to assert his superiority; and you must deal with him from that point of view.

~Alfred Adler

What is courage? Courage is the willingness to risk failure...There is only one danger I find in life, and that, indeed, is a real one. You may take too many precautions.

~Alfred Adler

The chief danger in life is that you may take too many precautions.

~Alfred Adler

All failures - neurotics, psychotics, criminals, drunkards, problem children, suicides, perverts, and prostitutes - are failures because they are lacking in social interest

~Alfred Adler

Every pampered child becomes a hated child.... There is no greater evil than the pampering of children.

~Alfred Adler

It is always easier to fight for one's principles than to live up to them.

~Alfred Adler

The feeling of inferiority rules the mental life and can be clearly recognized in the sense of incompleteness and unfulfillment, and in the uninterrupted struggle both of individuals and humanity.

~Alfred Adler

Follow your heart always, and remember to take your head along with you.

~Alfred Adler

It is well known that those who do not trust themselves never trust others.

~Alfred Adler

The truth is often a terrible weapon of aggression. It is possible to lie, and even to murder, with the truth.

~Alfred Adler

seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another.

~Alfred Adler

No experience is a cause of success or failure. We do not suffer from the shock of our experiences, so-called trauma - but we make out of them just what suits our purposes.

~Alfred Adler

The only worthwhile achievements of man are those which are socially useful.

~Alfred Adler

There is a courage of happiness as well as a courage of sorrow.

~Alfred Adler

Exaggerated sensitiveness is an expression of the feeling of inferiority.

~Alfred Adler

Violence as a way of gaining power... is being camouflaged under the guise of tradition, national honor [and] national security.

~Alfred Adler

Everything can always be different!

~Alfred Adler

A lie would have no sense unless the truth were felt as dangerous.

~Alfred Adler

Our modern states are preparing for war without even knowing the future enemy.

~Alfred Adler

The goal of the human soul is conquest, perfection, security, superiority.

~Alfred Adler

The educator must believe in the potential power of his pupil, and he must employ all his art in seeking to bring his pupil to experience this power.

~Alfred Adler

The test of one's behavior pattern is their relationship to society, relationship to work and relationship to sex.

~Alfred Adler

Nobody adopts antisocial behaviour unless they fear that they will fail if they remain on the social side of life.

~Alfred Adler

We must interpret a bad temper as a sign of inferiority.

~Alfred Adler

War is organized murder and torture against our brothers.

~Alfred Adler

There is only one reason for an individual to side-step to the useless

side : the fear of a defeat on the useful side.

~Alfred Adler

Mathematics is pure language - the language of science. It is unique among languages in its ability to provide precise expression for every thought or concept that can be formulated in its terms.

~Alfred Adler

We must never neglect the patient's own use of his symptoms.

~Alfred Adler

There is a law that man should love his neighbor as himself. In a few hundred years it should be as natural to mankind as breathing or the upright gait; but if he does not learn it he must perish.

~Alfred Adler

Play is a child's work and this is not a trivial pursuit.

~Alfred Adler

Distorted history boasts of bellicose glory... and seduces the souls of boys to seek mystical bliss in bloodshed and in battles.

~Alfred Adler

There is no such thing as talent. There is pressure.

~Alfred Adler

Man knows much more than he understands.

~Alfred Adler

He used to say to his melancholia patients: "You can be cured in fourteen days if you follow this prescription. Try to think every day how you can please someone.

~Alfred Adler

To injure another person through atonement is one of the most subtle devices of the neurotic, as when, for example, he indulges in self-accusations.

~Alfred Adler

What person, confined in a small room with nothing but a tea-cosy, will not eventually put the tea-cosy on their head?

~Alfred Adler

The style of life is a unity because it has grown out of the difficulties of early life and out of the striving for a goal.

~Alfred Adler

To be human means to feel inferior.

~Alfred Adler

Time is a great teacher, but unfortunately it kills all its pupils. Hector Berlioz It is easier to fight for one's principles than to live up to them.

~Alfred Adler

My difficulties belong to me!

~Alfred Adler

The science of the mind can only have for its proper goal the understanding of human nature by every human being, and through its use, brings peace to every human soul.

~Alfred Adler

If you wish to educate a child who has gone wrong, then you must, above all, keep your attention fixed on the intersection of two charmed circles.

~Alfred Adler

We cannot say that if a child is badly nourished he will become a

criminal. We must see what conclusion the child has drawn.

~Alfred Adler

It is one of the most effective attitudes of the neurotic to measure thumbs down, so to speak, a real person by an ideal, since in doing so he can depreciate him as much as he wishes.

~Alfred Adler

Every neurotic is partly in the right.

~Alfred Adler

To all those who walk the path of human cooperation war must appear loathsome and inhuman.

~Alfred Adler

All failures are so because they lack social interest.

~Alfred Adler

In this case, the neurotic resembles a human being who looks up to God, commends himself to His ways, and then religiously awaits how the Lord will guide him; he is nailed to the cross of his fiction.

~Alfred Adler

I am grateful for the idea that has used me.

~Alfred Adler

Tears and complaints - the means which I have called water power - can be an extremely useful weapon for disturbing cooperation and reducing other to a condition of slavery.

~Alfred Adler

War is not the continuation of politics with different means, it is the greatest mass-crime perpetrated on the community of man.

~Alfred Adler

In the investigation of a neurotic style of life, we must always suspect an opponent, and note who suffers most because of the patient's condition. Usually this is a member of the family.

~Alfred Adler

My psychology belongs to everyone.

~Alfred Adler

Every individual acts and suffers in accordance with his peculiar teleology, which has all the inevitability of fate, so long as he does not understand it.

~Alfred Adler

The mathematical life of a mathematician is short. Work rarely improves after the age of twenty-five or thirty. If little has been accomplished by then, little will ever be accomplished.

~Alfred Adler

It is one of the triumphs of human wit ... to conquer by humility and submissiveness ... to make oneself small in order to appear great ... such ... are often the expedients of the neurotic.

~Alfred Adler

It is the patriotic duty of every man to lie for his country.

~Alfred Adler

If I didn't have this affliction, I would be the first. As a rule the if-clause contains an unfulfillable condition, or the patient's own arrangement, which only he can change.

~Alfred Adler

The widespread belief that Yuppies as a class would perish from Brie-cheese poisoning turned out to be over-optimistic.

~Alfred Adler

It is from among such individuals that all human failures spring.

~Alfred Adler

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