

Alice Miller

Quotes

Children, Mother, Childhood, Long, Parent, Self, Feelings, Strong, Soul, Pain, Past, Self Esteem, People, Real, Truth, Wish, Anger, Mean, Ignorance, Way

The more we idealize the past and refuse to acknowledge our childhood sufferings, the more we pass them on unconsciously to the next generation.

~Alice Miller

The victimization of children is nowhere forbidden; what is forbidden is to write about it.

~Alice Miller

What is addiction, really? It is a sign, a signal, a symptom of distress. It is a language that tells us about a plight that must be understood.

~Alice Miller

Wherever I look, I see signs of the commandment to honor one's parents and nowhere of a commandment that calls for the respect of a child.

~Alice Miller

For the human soul is virtually indestructible, and its ability to rise from the ashes remains as long as the body draws breath.

~Alice Miller

The reason why parents mistreat their children has less to do with character and temperament than with the fact that they were mistreated themselves and were not permitted to defend themselves.

~Alice Miller

Disrespect is the weapon of the weak

~Alice Miller

All children are born to grow, to develop, to live, to love, and to articulate their needs and feelings for their self-protection

~Alice Miller

Genuine feelings cannot be produced, nor can they be eradicated. We can only repress them, delude ourselves, and deceive our bodies. The body sticks to the facts.

~Alice Miller

We don't yet know, above all, what the world might be like if children were to grow up without being subjected to humiliation, if parents would respect them and take them seriously as people.

~Alice Miller

An unacknowledged trauma is like a wound that never heals over and may start to bleed again at any time.

~Alice Miller

That probably greatest of narcissistic wounds -- not to have been loved just as one truly was -- cannot heal without the work of mourning.

~Alice Miller

Society chooses to disregard the mistreatment of children, judging it to be altogether normal because it is so commonplace.

~Alice Miller

The abused children are alone with their suffering, not only within the family, but also within themselves. They cannot create a place in their own soul where they could cry their heart out.

~Alice Miller

Contempt is the weapon of the weak and a defense against one's own despised and unwanted feelings.

~Alice Miller

Courage can be just as infectious as fear.

~Alice Miller

Genuine forgiveness does not deny anger but faces it head-on.

~Alice Miller

The true opposite of depression is not gaiety or absence of pain, but vitality: the freedom to experience spontaneous feelings.

~Alice Miller

The commandment to refrain from placing blame on our parents, deeply imprinted in us by our upbringing, skillfully performs the function of hiding essential truths from us.

~Alice Miller

If it's very painful for you to criticize your friends - you're safe in doing it. But if you take the slightest pleasure in it, that's the time to hold your tongue.

~Alice Miller

We can never do the right thing as long as we are out to please someone else.

~Alice Miller

If a mother respects both herself and her child from his very first day onward, she will never need to teach him respect for others.

~Alice Miller

Clinging uncritically to traditional ideas and beliefs often serves to obscure or deny real facts of our life history.

~Alice Miller

Depression leads him close to his wounds, but only the mourning for what he has missed, missed at the crucial time, can lead to real healing.

~Alice Miller

One of the best ways of keeping your temper in an argument, as most of us know only too well, is not to listen to anything the other person has to say.

~Alice Miller

We produce destructive people by the way we are treating them in childhood.

~Alice Miller

Empathy grows as we learn.

~Alice Miller

The father receives his power from God (and from his own father). The teacher finds the soil already prepared for obedience, and the political leader has only to harvest what has been sown.

~Alice Miller

One can only remember what has been consciously experienced.

~Alice Miller

It is possible to resolve childhood repression safely and without confusion - something that has always been disputed by the most respected schools of thought.

~Alice Miller

Emotional access to the truth is the indispensable precondition of healing.

~Alice Miller

Genuine feelings are never the product of conscious effort. They are quite simply there, and they are there for a very good reason, even if that reason is not always apparent.

~Alice Miller

The child has a primary need to be regarded and respected as the person he really is at any given time, and as the center - the central actor - in his own activity.

~Alice Miller

Parents are indeed capable of routinely torturing their children without anyone interceding.

~Alice Miller

Don't ever dare to take your college as a matter of course - because, like democracy and freedom, many people you'll never know have broken their hearts to get it for you.

~Alice Miller

Problems cannot be solved with words, but only through experience.

~Alice Miller

There are people who have benefited from therapy without being confronted with the past at all.

~Alice Miller

You gotta keep that in check - you got to.

~Alice Miller

Today I should not be identified with any kind of regressive therapy.

~Alice Miller

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