

# Andrew Solomon

## Quotes

*People, Gay, Children, Thinking, Believe, Depression, Church, Ideas, Parent, Identity, Growing Up, Mother, Giving, Self, Strong, Loss, Despair, Suicide, Pain, Grief*

Grief is depression in proportion to circumstance; depression is grief out of proportion to circumstance.

~Andrew Solomon

It is nearly impossible to hate anyone whose story you know.

~Andrew Solomon

The opposite of depression is not happiness, but vitality, and it was vitality that seemed to seep out of me.

~Andrew Solomon

We cannot bear a pointless torment, but we can endure great pain if we believe that it's purposeful.

~Andrew Solomon

A sense of humor is the best indicator that you will recover; it is often the best indicator that people will love you. Sustain that and you have hope.

~Andrew Solomon

I can see the beauty of glass objects fully at the moment when they slip from my hand

~Andrew Solomon

I believe that words are strong, that they can overwhelm what we fear when fear seems more awful than life is good.

~Andrew Solomon

We don't seek the painful experiences that hew our identities, but we seek our identities in the wake of painful experiences.

~Andrew Solomon

Life is enriched by difficulty; love is made more acute when it requires exertion.

~Andrew Solomon

When you believe that you cannot stitch your own heart back together, go to work on the hearts of other people; there is no surer way to repair yourself than to repair them.

~Andrew Solomon

I tend to find the ecstasy hidden in ordinary joys, because I did not expect those joys to be ordinary to me.

~Andrew Solomon

At the end of the day, will God be interested primarily in whether I have been kind and helped others, or in whether I was baptized and how?

~Andrew Solomon

When you banish the dragons you banish the heroes.

~Andrew Solomon

Depression is the flaw in love. To be creatures who love, we must be creatures who can despair at what we lose, and depression is the mechanism of that despair.

~Andrew Solomon

I think a lot of the time people assume that their values are universal. And they don't understand which aspects of their values are actually universal and which aspects are very specific.

~Andrew Solomon

I was overpowered by being in the world, by other people and their lives I couldn't lead, their jobs I couldn't do - overpowered even by jobs I would never want or need to do.

~Andrew Solomon

Living with depression is like trying to keep your balance while you

dance with a goat -- it is perfectly sane to prefer a partner with a better sense of balance.

~Andrew Solomon

I think an awful lot of the diplomatic problems that exist in the world come from people assuming that their society is the one with a purchase on truth.

~Andrew Solomon

Being gay is immutable. Maybe someday we'll figure out more of the science and it will be changeable, but we have no leads so far.

~Andrew Solomon

The world changed, and the idea of having a family became feasible for homosexuals. But I was still left with the question as to what it would be like for a child to grow up with gay parents.

~Andrew Solomon

I hated being depressed, but it was also in depression that I learned my own acreage, the full extent of my soul.

~Andrew Solomon

The absence of marriages will result in all kinds of financial burdens that gay people wouldn't face if they could get married.

~Andrew Solomon

The absence of words is the absence of intimacy. There are experiences that are starved for language.

~Andrew Solomon

Fixing is the illness model; acceptance is the identity model; which way any family goes reflects their assumptions and resources.

~Andrew Solomon

I believe that organized religion is an ornament to the truth, and that aesthetics are part of its power.

~Andrew Solomon

Suicide is a crime of loneliness, and adulated people can be frighteningly alone. Intelligence does not help in these circumstances; brilliance is almost always profoundly isolating.

~Andrew Solomon

I have found that the greatest stories of acceptance and love and the ugliest stories of hideous cruelty and abuse have equally been perpetrated in the name of Christian faith.

~Andrew Solomon

I felt like all of the work was training for just one central idea: Accept your child for who he is. I'm not saying that I've done a brilliant job with that. But I've done my best.

~Andrew Solomon

Our needs are our greatest asset. It turns out I've learned to give all the things that I need.

~Andrew Solomon

People â€¦ don't want to be cured or changed or eliminated. They want to be whoever it is that they've come to be.

~Andrew Solomon

Your gender identity is who you are. Sexual identity is who you bounce that off of.

~Andrew Solomon

Exercise because it's good for you even if every step weighs a thousand pounds.

~Andrew Solomon

Parenthood always involves recognizing your child as separate and different from you.

~Andrew Solomon

It's deeply humbling to realize that there is no such thing as a society with a purchase on truth.

~Andrew Solomon

Depression is the flaw in love. There's no such thing as love without the anticipation of loss. And that specter of despair can be the engine of intimacy.

~Andrew Solomon

Parenthood abruptly catapults us into a permanent relationship with a stranger.

~Andrew Solomon

I'm not studying everything that can go wrong. What I'm studying is how much love there can be, even when everything appears to be going wrong.

~Andrew Solomon

We live in the right time, even if it doesn't always feel like it.

~Andrew Solomon

Loving our own children is an exercise for the imagination.

~Andrew Solomon

It is easy to keep secrets by being honest in an ironic tone of voice.

~Andrew Solomon

Listen to the people who love you. Believe that they are worth living for even when you don't believe it.

~Andrew Solomon

Treating an identity as an illness invites real illness to make a braver stand.

~Andrew Solomon

I think you can't deny that because the cochlear implant exists, the signing world is shrinking.

~Andrew Solomon

I love to communicate, and I love music. That's why I always thought not being able to hear would be a tragedy.

~Andrew Solomon

I had always wanted to have children, so it caused me a lot of grief when I was younger, and I had supposed that gay people could not be parents.

~Andrew Solomon

Some autistic people may emerge from their condition, but nobody knows when and why.

~Andrew Solomon

There is neither a cure for nor a way to repair autism. There is no implant like there is for the deaf.

~Andrew Solomon

I think it's up to the parents to determine whether what they're doing is consigning their child to difficulty. It's not as though they were crippling their children after they were born.

~Andrew Solomon

With children who have never said a word, parents tend to assume, for better or for worse, that there isn't any language there.

~Andrew Solomon

The campaign against polygamy, around which a lot of anti-Mormon sentiment was organized, seems horrific to me.

~Andrew Solomon

It seems particularly ironic that a church that at one stage, a long time ago, fought to redefine marriage should now be so opposed to these attempts to redefine marriage.

~Andrew Solomon

The tragedies that are being brought about vastly outweigh the benefits that are being achieved.

~Andrew Solomon

I'm sure that if we had enough sophistication, someone could look at what my changes in brain structure were as I came to feel more deeply in love.

~Andrew Solomon

I don't believe that raising my voice in song is going to be pleasing to a God who is sitting upstairs somewhere, waiting to be pleased.

~Andrew Solomon

I had known a couple of people who had died, but the loss of my mother contained something of the profoundly unknowable.

~Andrew Solomon

I have two nexuses of sadness about the Mormon Church. The first is the effect the Church's position on homosexuality has on Mormons.

~Andrew Solomon

I grew up in a very rationalist household. My father, in particular, came from that mid-century tradition of thinking science will ultimately explain everything.

~Andrew Solomon



Science still won't explain the mysterious nature of love and despair.

~Andrew Solomon

The experience of being depressed and emerging from depression made me understand the idea of a soul. I felt that the language in which one could best acknowledge that drew from faith.

~Andrew Solomon

I have always believed in trying to be a good person and giving to the world, and treating others in a just, kind, merciful way.

~Andrew Solomon

I really feel that the Church leaders have blood on their hands. I feel that there are gay Mormons who have committed suicide or whose lives have been destroyed because of the attitude of the Church.

~Andrew Solomon

Being in a marriage and having children is the greatest pleasure, but it is certainly not the easiest pleasure. It is not like eating ice cream.

~Andrew Solomon

I look at the rates of suicide among gay teens. They are so, so high for suicide attempts and for completed suicides.

~Andrew Solomon

I believe very deeply that this beauty I call the soul is not a random occurrence. I don't know what its meaning is at some larger level, but I know that it has meaning.

~Andrew Solomon

The more gay people can tell our stories, the more other people will accept gay people.

~Andrew Solomon

I did grow up in a household in which I felt that to be myself was to damage the people I loved.

~Andrew Solomon

I encounter a lot of prejudice and a lot of darkness. I have to negotiate constantly through situations that are uncomfortable or difficult or strange.

~Andrew Solomon

Religion is so focused on family. These days, for many people, being gay is also focused on family.

~Andrew Solomon

I'd had a vaguely Jewish upbringing, but no deep connection to faith.

~Andrew Solomon

I have spent a lot of my life trying to do good and be a humanitarian, to write about difficult places, and to tell the story of oppressed peoples.

~Andrew Solomon

The idea of anyone contemplating our family and witnessing the affection that we all have for one another and seeing evil in it is deeply hurtful and sad; and also deeply bewildering.

~Andrew Solomon

The strengthening of faith, I think, is the ultimate goal of organized religion altogether.

~Andrew Solomon

There is a tendency to dehumanize kids that commit crimes. The system is focused on punishment, not on rehabilitation. These kids are the most misunderstood and most cruelly treated.

~Andrew Solomon

If the Mormon Church still supported polygamy, and if it appeared to be a system that was not exploitative of women, I wouldn't feel that it's my place to forbid it.

~Andrew Solomon

I don't believe that there is anyone of faith whose faith would not be strengthened by those experiences of family.

~Andrew Solomon

The thing that makes me really outraged, is the idea that the Mormon Church would presume to get involved in decisions that have little to do with Mormonism.

~Andrew Solomon

I just look at my own life, which is full of error as all life is. I have done plenty of things that I am not proud of.

~Andrew Solomon

Depression means that you have no point of view.

~Andrew Solomon

Depressed people cannot lead a revolution because depressed people can barely manage to get out of bed and put on their shoes and socks.

~Andrew Solomon

If your love didn't always contain the possibility of loss, it would be very different from human love as we know it.

~Andrew Solomon

I hate the comparative idea that you have to love your spouse more than you love your parents.

~Andrew Solomon

Despair is part of love.

~Andrew Solomon

Every organization does good and bad things.

~Andrew Solomon

I do think that if the Church can see its way to greater tolerance, Church members will have greater exposure to gay people, and the lives of those gay people will be better.

~Andrew Solomon

The Church responds to antiquated social realities, and those realities remain much more current in Utah precisely because of the Church.

~Andrew Solomon

There is a great deal of sin that comes from homosexuals who believe their homosexuality is a sin.

~Andrew Solomon

The idea of what it is like to lose everything is awful.

~Andrew Solomon

Being gay is immutable.

~Andrew Solomon

Identity itself should be not a smug label or a gold medal but a revolution.

~Andrew Solomon

Ease makes less of an impression on us than struggle.

~Andrew Solomon

All parenting turns on a crucial question: to what extent parents should accept their children for who they are, and to what extent they should help them become their best selves.

~Andrew Solomon

I'm a huge believer in science. But I don't think it explains everything.

~Andrew Solomon

A lot of people are very political when they are young, and then they outgrow it.

~Andrew Solomon

I found it very comforting to see that there is no such thing as a completely normal family. People find their way through whatever the differences may be.

~Andrew Solomon

I was in fact anxious about whether I would be any good at being a father. And then I met so many people who had been good parents under difficult circumstances, and I felt inspired by them.

~Andrew Solomon

There is no question that abuse, drugs and exposure to violence at home can exacerbate someone's criminal tendencies enormously. But there are many, many criminals who don't come from that background.

~Andrew Solomon

I like the relative literacy of at least some of England. I mean, I didn't come for the food or the weather!

~Andrew Solomon

Oppression breeds the power to oppose it.

~Andrew Solomon

I don't understand what the nature of God is. But I do have the feeling that I'm at some feet, and lucky to be there.

~Andrew Solomon

Any community that remains an abstraction is an easy target for prejudice and cruelty, but any community that becomes fully humanized is much harder to treat in that way.

~Andrew Solomon

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