

Carl Rogers Quotes

*Empathy, Self, People, Real, Attitude, Mean, Believe, Life, Thinking,
Inspirational, Feelings, Hurt, Teacher, Change, Persons, Men, Emotional,
Education, Art, Moving*

We think we listen, but very rarely do we listen with real understanding, true empathy. Yet listening, of this very special kind, is one of the most potent forces for change that I know.

~Carl Rogers

Growth occurs when individuals confront problems, struggle to master them, and through that struggle develop new aspects of their skills, capacities, views about life.

~Carl Rogers

The curious paradox is that when I accept myself just as I am, then I can change.

~Carl Rogers

As no one else can know how we perceive, we are the best experts on ourselves.

~Carl Rogers

A person cannot teach another person directly; a person can only facilitate another's learning

~Carl Rogers

The good life is a process, not a state of being. It is a direction not a destination.

~Carl Rogers

The only person who is educated is the one who has learned how to learn and change.

~Carl Rogers

The only person who cannot be helped is that person who blames others.

~Carl Rogers

People only seriously consider change when they feel accepted for exactly who they are.

~Carl Rogers

What you are to be, you are now becoming.

~Carl Rogers

When I look at the world I'm pessimistic, but when I look at people I am optimistic.

~Carl Rogers

What I am is good enough if I would only be it openly.

~Carl Rogers

It is the client who knows what hurts, what directions to go, what problems are crucial, what experiences have been deeply buried.

~Carl Rogers

Each person is an island unto himself, in a very real sense; and he can only build bridges to other islands if he is first of all willing to be himself and permitted to be himself.

~Carl Rogers

The degree to which I can create relationships, which facilitate the growth of others as separate persons, is a measure of the growth I have achieved in myself.

~Carl Rogers

Man's inability to communicate is a result of his failure to listen effectively.

~Carl Rogers

I am increasingly an architect of self. I am free to will and choose. I can, through accepting my individuality... become more of my uniqueness,

more of my potentiality.

~Carl Rogers

Powerful is our need to be known, really known by ourselves and others, even if only for a moment.

~Carl Rogers

Life, at its best, is a flowing, changing process in which nothing is fixed.

~Carl Rogers

It is astonishing how elements that seem insoluble become soluble when someone listens, how confusions that seem irremediable turn into relatively clear flowing streams when one is heard.

~Carl Rogers

Life is about Being & Becoming.

~Carl Rogers

Neurotic behavior is quite predictable. Healthy behavior is unpredictable.

~Carl Rogers

The purpose of adult education is to help them to learn, not to teach them all you know and thus stop them from learning.

~Carl Rogers

We cannot change, we cannot move away from what we are, until we thoroughly accept what we are. Then change seems to come about almost unnoticed.

~Carl Rogers

what is most personal is most universal

~Carl Rogers

Loneliness is a barrier that prevents one from uniting with the inner self.

~Carl Rogers

It is astonishing how elements that seem insoluble become soluble when someone listens.

~Carl Rogers

To be original, or different, is felt to be "dangerous."

~Carl Rogers

The organism has one basic tendency and striving - to actualize, maintain, and enhance the experiencing organism

~Carl Rogers

No other person's ideas, and none of my own ideas, are as authoritative as my experience.

~Carl Rogers

It's an awful risky thing to live

~Carl Rogers

There are as many "real worlds" as there are people!

~Carl Rogers

Openness to all attitudes no matter how extreme or unrealistic they may seem.

~Carl Rogers

Learning of all kinds goes on best, lasts best, and tends to lead itself on more when it grows out of a real focus of interest in the learner.

~Carl Rogers

Experience is, for me, the highest authority.

~Carl Rogers

Adults who think that children must be manipulated for their own good have developed the attitude of a controlling parent who lacks faith in himself, the child, or humanity or himself.

~Carl Rogers

The very essence of the creative is its novelty, and hence we have no standard by which to judge it.

~Carl Rogers

Am I living in a way which is deeply satisfying to me, and which truly expresses me?

~Carl Rogers

In a person who is open to experience each stimulus is freely relayed through the nervous system, without being distorted by any process of defensiveness.

~Carl Rogers

There is in every organism, at whatever level, an underlying flow of movement toward constructive fulfillment of its inherent possibilities.

~Carl Rogers

I was forced to stretch my thinking, to realize that sincere and honest people could believe in very divergent religious doctrines.

~Carl Rogers

The facts are always friendly, every bit of evidence one can acquire, in any area, leads one that much closer to what is true.

~Carl Rogers

The paradigm of Western culture is that the essence of persons is dangerous; thus, they must be taught, guided, and controlled by those

with superior authority.

~Carl Rogers

there is direction but there is no destination

~Carl Rogers

Both the young and the old are almost completely useless in our modern society, and are made keenly aware of that uselessness. They have no place. They are private, isolated - and hopeless.

~Carl Rogers

The basic idea behind teaching is to teach people what they need to know.

~Carl Rogers

Unless man can make new and original adaptations to his environment as rapidly as his science can change the environment, our culture will perish.

~Carl Rogers

Don't be the ammunition wagon, be the rifle... knowledge exists primarily for use.

~Carl Rogers

Don't be a damned ammunition wagon. Be a rifle!

~Carl Rogers

I believe that the testing of the student's achievements in order to see if he meets some criterion held by the teacher, is directly contrary to the implications of therapy for significant learning.

~Carl Rogers

I prize the privilege of being alone.

~Carl Rogers

With the price of life these days, you've got to get everything for free you can.

~Carl Rogers

Experience is the highest authority.

~Carl Rogers

It is a direction not a destination.

~Carl Rogers

We in the West seem to have made a fetish out of complete individual self-sufficiency, of not needing help, of being completely private except in a very few selected relationships.

~Carl Rogers

Allowance of the freedom of choices in direction, either for the group or individuals particularly in the near future.

~Carl Rogers

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