

# David D. Burns

## Quotes

*Mistake, Thinking, Self Esteem, Powerful, Way, Guilt, People, Self, Believe, Persons, Bad Mood, Anxiety, Air, Suffering, Ideas, Forgiving, Errors, Stars, Views, Humans*

Assert your right to make a few mistakes. If people can't accept your imperfections, that's their fault.

~David D. Burns

Confronting your fears and allowing yourself the right to be human can, paradoxically, make you a far happier and more productive person.

~David D. Burns

You feel the way you do right now because of the thoughts you are thinking at this moment.

~David D. Burns

A poor self-image is the magnifying glass that can transform a trivial mistake or an imperfection into an overwhelming symbol of personal defeat.

~David D. Burns

When two people respect each other, the ability to be vulnerable and to reveal hurt feelings can create a powerful emotional connection that is the source of real intimacy and friendship.

~David D. Burns

Perfectionism becomes a badge of honor with you playing the part of the suffering hero.

~David D. Burns

Forgive yourself and be ready to forgive yourself in the future. You're gonna screw up. It's okay.

~David D. Burns

Learn to accept your limits and you'll become a happier person.

~David D. Burns

Kindness is the cause of all anxiety.

~David D. Burns

You don't have to do anything especially worthy to create or deserve self-esteem; all you have to do is turn off that critical, haranguing, inner voice.

~David D. Burns

Apologies do make a difference. Believe it or not, research shows people often prefer them over money.

~David D. Burns

Guilt doesn't help. What should fill in for it? Remorse. Remorse is when you feel bad about what you did. Guilt is when you feel bad about who you are.

~David D. Burns

That's one of the peculiar things about bad moods - we often fool ourselves and create misery by telling ourselves things that simply are not true.

~David D. Burns

Accept yourself. But realize your behaviors can be bad.

~David D. Burns

The best way to confront your fears is to stop avoiding the situation you're most afraid of.

~David D. Burns

You're not a bad person. But you sometimes do bad things. You know what that makes you? Human.

~David D. Burns

You're human. You'll screw up. Denying that is crazy. Forgiving yourself has all the benefits of self-esteem without making you a narcissist that's

out of touch with reality.

~David D. Burns

Reaching for the stars, perfectionists may end up clutching at air.

~David D. Burns

Regret has a purpose. It's like the oil light on the dashboard of your life, telling you something needs to be fixed. So fix it. And feel better.

~David D. Burns

Perfection' is man's ultimate illusion. It simply doesn't exist in the universe.... If you are a perfectionist, you are guaranteed to be a loser in whatever you do.

~David D. Burns

Forgiving yourself, not guilt, increases personal accountability.

~David D. Burns

Guilt serves a powerful social function in terms of policing our behavior.

~David D. Burns

People who are prone to guilt tend to work harder and perform better than people who are not guilt-prone, and are perceived to be more capable leaders.

~David D. Burns

Don't apologize for what you think you did wrong. Apologize for what they think you did wrong.

~David D. Burns

Reaching for the stars, perfectionists may end up clutching air. They suffer from mood disorders, troubled relationships, and stress. They may even achieve less than others.

~David D. Burns

**Guilt is not the best way to remedy your mistakes.**

~David D. Burns

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