

Doc Childre Quotes

*Heart, Appreciation, Anger, Emotional, Love, Children, Technology, Strong,
Moving, Compassion, Stress, Mean, Real, Gratitude, Keys, Empowerment,
Moral Judgement, Parent, Differences, Self*

Appreciation is a powerful tool to shift perspective. Finding something to appreciate during a difficult situation quickly moves the perspective to the big picture from the little picture.

~Doc Childre

Learning to "just say no" to emotional reactions isn't repression. Saying no means not engaging the frustration, anger, judgment, or blame. Without engagement, you won't have anything to repress.

~Doc Childre

Physiologically, it simply doesn't matter whether your anger is justified or not. The body doesn't make moral judgements about feelings; it just responds.

~Doc Childre

Our true identity is to love without fear and insecurity. Our higher potential finds us when we set our course in that direction. The power of love and compassion transforms insecurity.

~Doc Childre

Appreciation and gratitude are a must if you choose to become the architect of increased happiness and your own fulfillment.

~Doc Childre

Appreciation is like looking through a wide-angle lens that lets you see the entire forest, not just the one tree limb you walked up on.

~Doc Childre

As any jazz musician knows, it takes flexibility and adaptability for improvisation to create beauty.

~Doc Childre

Stress is an unstranformed opportunity for empowerment.

~Doc Childre

How you choose to respond each moment to the movie of life determines how you see the next frame, and the next, and eventually how you feel when the movie ends.

~Doc Childre

The greatest gift a parent can give a child during all the ups and downs of life is love.

~Doc Childre

An aware parent loves all children he or she interacts with - for you are a caretaker for those moments in time.

~Doc Childre

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