

Elizabeth Wurtzel

Quotes

Depression, Heart, Thinking, Pain, People, Mean, Love, Book, Fighting, Brain, Literature, Want, Needs, Believe, Morning, Writing, Girl, Sleep, Giving, Past

That is all I want in life: for this pain to seem purposeful.

~Elizabeth Wurtzel

I start to get the feeling that something is really wrong.

~Elizabeth Wurtzel

I admire Bruce Springsteen because he's a heroic person who has lots of integrity and has this incredible body of work that is so vital.

~Elizabeth Wurtzel

Everything's plastic, we're all going to die sooner or later, so what does it matter.

~Elizabeth Wurtzel

Depression is about as close as you get to somewhere between dead and alive, and it's the worst.

~Elizabeth Wurtzel

...occasionally I wished I could walk through a picture window and have the sharp, broken shards slash me to ribbons so I would finally look like I felt.

~Elizabeth Wurtzel

homesickness is just a state of mind for me. i'm always missing someone or someplace or something, i'm always trying to get back to some imaginary somewhere. my life has been one long longing.

~Elizabeth Wurtzel

Insanity is knowing that what you're doing is completely idiotic, but still, somehow, you just can't stop it.

~Elizabeth Wurtzel

The voices in my head, which I used to think were just passing through, seem to have taken up residence.

~Elizabeth Wurtzel

In life, single women are the most vulnerable adults. In movies, they are given imaginary power.

~Elizabeth Wurtzel

It's like Samson and Delilah: watch your back, because trouble could be the person you're sleeping with.

~Elizabeth Wurtzel

In a strange way, I had fallen in love with my depression.

~Elizabeth Wurtzel

A human being can survive almost anything, as long as she sees the end in sight!

~Elizabeth Wurtzel

If you are chronically down, it is a lifelong fight to keep from sinking

~Elizabeth Wurtzel

One of the terrible fallacies of contemporary psychotherapy is that if people would just say how they felt, a lot of problems could be solved.

~Elizabeth Wurtzel

The biggest problem that women have is being ambivalent about their own power, ... We should be comfortable with the idea of wielding power. We shouldn't feel that it detracts from our femininity.

~Elizabeth Wurtzel

But just as a little bit of knowledge is a dangerous thing, a little bit of energy, in the hands of someone hell-bent on suicide, is a very dangerous thing.

~Elizabeth Wurtzel

I start to feel like I can't maintain the facade any longer, that I may just start to show through. And I wish I knew what was wrong. Maybe something about how stupid my whole life is.

~Elizabeth Wurtzel

Embrace fanaticism. Harness joie de vivre by pursuing insane interests, consuming passions, and constant sources of gratification that do not depend on the approval of others

~Elizabeth Wurtzel

In a typical mental health catch-22, the alienating nature of depression tends to keep its sufferers from finding their way to the very support groups that might help them.

~Elizabeth Wurtzel

Feminism is a good venue for getting yourself across as much as for getting your point across.

~Elizabeth Wurtzel

I was so scared to give up depression, fearing that somehow the worst part of me was actually all of me.

~Elizabeth Wurtzel

That's what it's like in my head all the time, constant snow, constant weather patterns of all sorts - blizzards, cyclones.

~Elizabeth Wurtzel

I don't think it matters how many parents you've got, as long as those who are around make their presence a good one.

~Elizabeth Wurtzel

Ritalin abuse is a big issue in the US.

~Elizabeth Wurtzel

...if you feel everything intensely, ultimately you feel nothing at all.

~Elizabeth Wurtzel

How can you hide from what never goes away? --Heraclitus

~Elizabeth Wurtzel

There are some remarks that are so stupid that to be even vaguely aware of them is the intellectual equivalent of living next door to Chernobyl.

~Elizabeth Wurtzel

I start to think there really is no cure for depression, that happiness is an ongoing battle, and I wonder if it isn't one I'll have to fight for as long as I live. I wonder if it's worth it.

~Elizabeth Wurtzel

Sometimes I wish I could walk around with a HANDLE WITH CARE sign stuck to my forehead.

~Elizabeth Wurtzel

My imagination, my ability to understand the way love and people grow over time, how passion can surprise and renew, utterly failed me.

~Elizabeth Wurtzel

Sometimes it feels like we're all living in a Prozac nation. The United States of Depression.

~Elizabeth Wurtzel

My God, I could raise a family of six children and hold down a full-time job with all the energy I expend on depression!

~Elizabeth Wurtzel

It's nonverbal: I need love. I need the thing that happens when your brain shuts off and your heart turns on. And I know it's around me

somewhere, but I just can't feel it.

~Elizabeth Wurtzel

Mental illness is so much more complicated than any pill that any mortal could invent

~Elizabeth Wurtzel

I wasn't just the madwoman in the attic--I was the attic itself. The past was all over me, all under me, all inside me.

~Elizabeth Wurtzel

Age is a terrible avenger. The lessons of life give you so much to work with, but by the time you've got all this great wisdom, you don't get to be young anymore.

~Elizabeth Wurtzel

I need someone to shut off my brain, and turn on my heart.

~Elizabeth Wurtzel

You know you've completely descended into madness when the matter of shampoo has ascended to philosophical heights.

~Elizabeth Wurtzel

They have no idea what a bottomless pit of misery I am.

~Elizabeth Wurtzel

It was just very interesting to me that certain types of women inspire people's imagination, and all of them were very difficult women.

~Elizabeth Wurtzel

My life's actually been quite dull; it's not all that glamorous.

~Elizabeth Wurtzel

Why does the rest of the world put up with the hypocrisy, the need to

put a happy face on sorrow, the need to keep on keeping on?... I don't know the answer, I know only that I can't.

~Elizabeth Wurtzel

Into every sunny life a little rain must fall.

~Elizabeth Wurtzel

I need the thing that happens when your brain shuts off and your heart turns on.

~Elizabeth Wurtzel

I wanted so much to forget the past, but it wouldn't go away, it hung around like an open wound that refused to scar over, an open window that no amount of muscle could shut.

~Elizabeth Wurtzel

I don't know if I'm running because I'm scared or if I'm scared because I'm running.

~Elizabeth Wurtzel

The American Dream, coupled with government subsidies of utilities and cheap consumer goods courtesy of slave labour somewhere else, has kept the poor huddled masses from rising up.

~Elizabeth Wurtzel

In my case, I was not frightened in the least bit at the thought that I might live because I was certain, quite certain, that I was already dead.

~Elizabeth Wurtzel

Sometimes, I get so consumed by depression that it is hard to believe that the whole world doesn't stop and suffer with me.

~Elizabeth Wurtzel

Banned! My eyes light up, I think I see stars. Anything that has been

banned by anyone must be something I'd like.

~Elizabeth Wurtzel

Divorce has taught us how to sleep with friends, sleep with enemies, and then act like it's all perfectly normal in the morning.

~Elizabeth Wurtzel

I want to explain how exhausted I am. Even in my dreams. How I wake up tired. How I'm being drowned by some kind of black wave.

~Elizabeth Wurtzel

Pick a man, any man. Every guy I fall for becomes Jesus Christ within the first twenty four hours.

~Elizabeth Wurtzel

And I want out of this life on drugs.

~Elizabeth Wurtzel

if only my whole life could be words and music, if only everything else could slip away.

~Elizabeth Wurtzel

Years of depression have robbed me of that "well, that give, that elasticity that everyone else calls perspective.

~Elizabeth Wurtzel

Judaism will be enmeshed in pride and shame for as long as it endures. But to endure as a country, Israel must shun both these tendencies.

~Elizabeth Wurtzel

But then I never had to worry about a crash landing because I never even took off.

~Elizabeth Wurtzel

I believe women who are supported by men are prostitutes, that is that, and I am heartbroken to live through a time where Wall Street money means these women are not treated with due disdain.

~Elizabeth Wurtzel

Israel fights back, which is very much at odds with the Jewish instinct to discuss and deconstruct everything until action itself seems senseless.

~Elizabeth Wurtzel

In the meantime, I could withdraw to my room, could hide and sleep as if I were dead

~Elizabeth Wurtzel

As soon as I was out in the street, I realized I didn't want to be alone after all, I realized I didn't want to be anything at all.

~Elizabeth Wurtzel

Because trying to see all sides, such an instinct is particularly Jewish.

~Elizabeth Wurtzel

It's being a grown up, which I never figured out how to do, scrubbing the tub, and remembering to eat and shampoo my hair. It's the basics: I can write a whole book, but I cannot handle the basics.

~Elizabeth Wurtzel

Just as our parents quieted us when we were noisy by putting us in front of the television set, maybe we're now learning to quiet our own adult noise with Prozac.

~Elizabeth Wurtzel

The measure of mindfulness, the touchstone for sanity in this society, is our level of productivity, our attention to responsibility, our ability to plain and simple hold down a job.

~Elizabeth Wurtzel

They can give you all the pills on earth and do whatever - and you're still yourself.

~Elizabeth Wurtzel

I am crying over the elusive nature of love.

~Elizabeth Wurtzel

For all of my life I have needed more.

~Elizabeth Wurtzel

Very early in my life it was already too late.

~Elizabeth Wurtzel

Woke up this morning afraid I was gonna live.

~Elizabeth Wurtzel

I come from a family of screamers. If they are trying to express any emotion or idea beyond pass the salt, it comes in shrieks.

~Elizabeth Wurtzel

Am I worried people will say I'm repeating myself? Sure. One thought I had was to publish it as a novel but eventually I just decided to do what I wanted to do.

~Elizabeth Wurtzel

Oh, Ma, you're looking at all the trees, and I'm not even in the forest.

~Elizabeth Wurtzel

So many more cycles of elation of the first kiss, and devastation when it's over.

~Elizabeth Wurtzel

As someone very sagely said during the parricide trials of the Menendez Brothers: anytime your kids kill you, you are at least partly to

blame.

~Elizabeth Wurtzel

...All I want to talk about is the oncoming apocalypse in my brain.

~Elizabeth Wurtzel

I'd really like to write a book about Timothy McVeigh, but it would only work if he cooperated.

~Elizabeth Wurtzel

All I do is go to the movies.

~Elizabeth Wurtzel

You don't even have to hate to have a perfectly miserable time.

~Elizabeth Wurtzel

Sometimes I wish that there were a way to let people know that just because I live in a world without rules, and in a life that is lawless, doesn't mean that it doesn't hurt so bad the morning after.

~Elizabeth Wurtzel

I am fortunate to have been well paid for an almost pathological honesty.

~Elizabeth Wurtzel

Belief is a good thing in principle, but an annoying thing in human beings.

~Elizabeth Wurtzel

Everything's plastic, we're all gonna die.

~Elizabeth Wurtzel

I am sick of the girl who cries 'wolf' all the time. Even though not one of those cries was ever a false alarm

~Elizabeth Wurtzel

Doing nothing is opting for the sweetness of stillness...Instead of fighting with that which you cannot control, you might as well just see it through.

~Elizabeth Wurtzel

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