

# Erik Erikson

## Quotes

*Children, Facts, Self, Life, Mistake, Needs, Play, Faces, Mean, People, Healing,  
Reality, Life Is, Responsibility, Identity, Years, Dark, We Need Each Other,  
Death, Inspirational*

Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all.

~Erik Erikson

The more you know yourself, the more patience you have for what you see in others.

~Erik Erikson

Adolescents need freedom to choose, but not so much freedom that they cannot, in fact, make a choice.

~Erik Erikson

In the social jungle of human existence, there is no feeling of being alive without a sense of identity.

~Erik Erikson

The richest and fullest lives attempt to achieve an inner balance between three realms: work, love and play.

~Erik Erikson

There is in every child at every stage a new miracle of vigorous unfolding.

~Erik Erikson

Children love and want to be loved and they very much prefer the joy of accomplishment to the triumph of hateful failure. Do not mistake a child for his symptom.

~Erik Erikson

The sense of identity provides the ability to experience one's self as something that has continuity and sameness, and to act accordingly.

~Erik Erikson

Play is the most natural method of self-healing that childhood affords.

~Erik Erikson

Healthy children will not fear life if their elders have integrity enough not to fear death.

~Erik Erikson

The playing adult steps sideward into another reality; the playing child advances forward to new stages of mastery.

~Erik Erikson

If there is any responsibility in the cycle of life it must be that one generation owes to the next that strength by which it can come to face ultimate concerns in its own way.

~Erik Erikson

If life is to be sustained, hope must remain.

~Erik Erikson

Personality, too, is destiny.

~Erik Erikson

Babies control and bring up their families as much as they are controlled by them; in fact ... the family brings up baby by being brought up by him.

~Erik Erikson

The fact that human conscience remains partially infantile throughout life is the core of human tragedy.

~Erik Erikson

Do not mistake a child for his symptom.

~Erik Erikson

Doubt is the brother of shame.

~Erik Erikson

You've got to learn to accept the law of life, and face the fact that we disintegrate slowly.

~Erik Erikson

Let us face it: 'deep down' nobody in his right mind can visualize his own existence without assuming that he has always lived and will live hereafter.

~Erik Erikson

Will, therefore, is the unbroken determination to exercise free choice as well as self-restraint, in spite of the unavoidable experience of shame and doubt in infancy.

~Erik Erikson

You can actively flee, then, and you can actively stay put.

~Erik Erikson

Mans true taproots are nourished in the sequence of generations, and he loses his taproots in disrupted developmental time, not in abandoned localities.

~Erik Erikson

In America nature is autocratic, saying, "I am not arguing, I am telling you.

~Erik Erikson

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