

# Frederick Salomon Perls

## Quotes

*Gestalt, Responsibility, Fighting, Two, Mean, Beautiful, Growth, Attitude, Positivity, Impart, Pay Attention, Wall, Anxiety, Life, Aim, Attention, Wise, Energy, Dream, Self*

Lose your mind and come to your senses.

~Frederick Salomon Perls

We live in a house of mirrors and think we are looking out the windows.

~Frederick Salomon Perls

...nobody can stand truth if it is told to him. Truth can be tolerated only if you discover it yourself because then, the pride of discovery makes the truth palatable.

~Frederick Salomon Perls

Those that fight don't listen, those that listen don't fight.

~Frederick Salomon Perls

Anxiety is the gap between now and later.

~Frederick Salomon Perls

Awareness in itself is healing.

~Frederick Salomon Perls

To mature means to take responsibility for your life, to be on your own. Psychoanalysis fosters the infantile state by considering that the past is responsible for the illness.

~Frederick Salomon Perls

If you are bored, you are not paying attention.

~Frederick Salomon Perls

I am not in this world to live up to other people's expectations, nor do I feel that the world must live up to mine.

~Frederick Salomon Perls

Nothing changes until it becomes what it is.

~Frederick Salomon Perls

The person most in control is the person who can give up control.

~Frederick Salomon Perls

Teaching means to show a person that something is possible.

~Frederick Salomon Perls

You cannot achieve happiness. Happiness happens and is a transitory stage. Imagine how happy I felt when I got relief from bladder pressure. How long did that happiness last?

~Frederick Salomon Perls

Fear is excitement without the breath.

~Frederick Salomon Perls

I have one aim only: to impart a fraction of the meaning of the word now.

~Frederick Salomon Perls

Have a dialogue between the two opposing parts and you will find that they always start out fighting each other until we come to an appreciation of difference.

~Frederick Salomon Perls

The only difference between a wise man and a fool is that the wise man knows he's playing.

~Frederick Salomon Perls

You cannot achieve happiness. Happiness happens and is a transitory stage.

~Frederick Salomon Perls

A thousand plastic flowers don't make a desert bloom. A thousand empty faces don't fill an empty room".

~Frederick Salomon Perls

You are you, and I am I, and if by chance we find each other, it's beautiful. If not, it can't be helped.

~Frederick Salomon Perls

Learning is discovering that something is possible.

~Frederick Salomon Perls

I wonder why people use only walls for hanging pictures.

~Frederick Salomon Perls

I believe that any single dream contains the essential message about our existence.

~Frederick Salomon Perls

Humans don't really improve on our own functioning, we only interfere with it, distort it, and disguise it.

~Frederick Salomon Perls

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