

# Henry Cloud Quotes

*People, Dating, Responsibility, Reality, Leader, Children, Real, Giving,  
Character, Growth, Two, Needs, Heart, Want, Trying, Moving, Parenting, Brain,  
Doe, Writing*

We change our behavior when the pain of staying the same becomes greater than the pain of changing. Consequences give us the pain that motivates us to change.

~Henry Cloud

A good test of a relationship is how a person responds to the word 'no.' Love respects 'no,' control does not.

~Henry Cloud

When you encourage someone, it literally changes their brain chemistry to be able to perform... sends fuel to the brain.

~Henry Cloud

The human heart will seek to be known, understood, and connected with above all else. If you do not connect, the ones you care about will find someone who will.

~Henry Cloud

In the end, as a leader, you are always going to get a combination of two things: what you create and what you allow.

~Henry Cloud

Boundaries are basically about providing structure, and structure is essential in building anything that thrives.

~Henry Cloud

The fool tries to adjust the truth so he does not have to adjust to it.

~Henry Cloud

Whatever's happening today, remember it is only ONE SCENE in a long movie. Don't treat it like it's the whole story. Keep writing the story.

~Henry Cloud

Leadership is not taken, it is given. People give leadership to those that

they trust. They allow people that they trust to have influence over their lives.

~Henry Cloud

Consequences give us the pain that motivates us to change.

~Henry Cloud

We all make mistakes, but the people who thrive from their mistakes are the successful ones.

~Henry Cloud

The mature person meets the demands of life, while the immature person demands that life meet her demands.

~Henry Cloud

You will not grow without attempting to do things you are unable to do.

~Henry Cloud

Dont use all-or-nothing thinking. Take each day as its own day, and dont worry about it if you mess up one day. The most important thing you can do is just get back up on the horse.

~Henry Cloud

The sad thing is that many of us come to Christ because we are sinners, and then spend the rest of our lives trying to pretend that we are not!

~Henry Cloud

The opposite of bad is not good. The opposite of bad is love

~Henry Cloud

You have to be able to face losing some things you might want in order to be free to do the right thing.

~Henry Cloud

Love can only exist where freedom and responsibility are operating.

~Henry Cloud

If you want to become healthy, you have to surround yourself with a group of people that are getting healthy and you have to be connected to a community that is doing what you want to do.

~Henry Cloud

If people are really narcissistic or have a need to be seen as more than they really are, or to be admired as having it all together, then they cannot be followed and trusted by others.

~Henry Cloud

For someone's character to grow, it has to be free from internal attack. Falling down never stopped children from developing. But getting yelled at, criticized, and put down can stop them for life.

~Henry Cloud

There is a difference between solitude and isolation. One is connected and one isn't. Solitude replenishes, isolation diminishes.

~Henry Cloud

When truth presents itself, the wise person see the light, takes it in, and makes adjustments. The fool tries to adjust the truth so he does not have to adjust to it.

~Henry Cloud

Encourage literally came from "in courage." The courage is put "into" you from outside. Our character and abilities grow through internalizing from others what we do not possess in ourselves.

~Henry Cloud

Be Hard on the issue, Soft on the person.

~Henry Cloud

True intimacy is only build around the freedom to disagree.

~Henry Cloud

The physicality of a real relationship - one that encompasses mind, body and soul - ultimately makes it more fulfilling and powerful than any virtual relationship ever could be.

~Henry Cloud

To get greater than 100% return on a growth step, give up defensiveness. Defensiveness stifles performance, and destroys relationships.

~Henry Cloud

A person who hasn't grieved a significant loss has unfinished business inside and can cause others great grief as a result.

~Henry Cloud

Spouses in healthy relationships cherish each other's space and are champions of each other's causes.

~Henry Cloud

Faith goes beyond reason. It goes beyond what you can see. But it is as real as anything you can touch or feel.

~Henry Cloud

The natural response to evaluation is to feel judged. We have to mature to a place where we respond to it with gratitude, and love feedback.

~Henry Cloud

When leaders lead in ways that people's brains can follow, good results follow as well.

~Henry Cloud

The extent to which two people in a relationship can bring up and

resolve issues is a critical marker of the soundness of a relationship.

~Henry Cloud

Diligence is not easy, but we can't reach our goals without it.

~Henry Cloud

Dating is about finding out who you are and who others are. If you show up in a masquerade outfit, neither is going to happen.

~Henry Cloud

Successful people stick to what they are good at and find ways to make that larger.

~Henry Cloud

It is true that you get what you tolerate.

~Henry Cloud

Confronting an irresponsible person is not painful to him; only consequences are.

~Henry Cloud

To rescue people from the natural consequences of their behavior is to render them powerless.

~Henry Cloud

Couples often live out years of falsehood trying to protect and save a relationship, all the while destroying any chance of real relationship.

~Henry Cloud

Anger is frustration at the fact that we are not God, and do not have control over reality.

~Henry Cloud

The amount of truth a relationship can handle is proportional to the

amount of perceived love that's present.

~Henry Cloud

We have our own thoughts, and if we want others to know them, we must tell them.

~Henry Cloud

Some goals are not going to fulfill you. Choose goals that you value and care about.

~Henry Cloud

We need rest not just so we feel better. We need rest for actual creation of what we're going to need the next day.

~Henry Cloud

Good pain is pain in the service of a purpose. Bad pain is pain endured because we are resisting a needed growth step.

~Henry Cloud

Values are sometimes worth living and dying for, and are certainly worth dating and breaking up over.

~Henry Cloud

Independence is not an option for us. Remember, God existed without us.

~Henry Cloud

Dating is a give and take. If you only see it as "Taking," you are not getting it.

~Henry Cloud

Dating should be a part of your life, not your life a part of dating. There is more to life than finding a date.

~Henry Cloud

Christianity is not about morality. It's about reality.

~Henry Cloud

Who a person is will ultimately determine if their brains, talents, competencies, energy, effort, deal-making abilities, and opportunities will succeed.

~Henry Cloud

Leave your pride, ego, and narcissism somewhere else. Reactions from those parts of you will reinforce your children's most primitive fears.

~Henry Cloud

To grow, we need things that we do not have and cannot provide, and we need to have a source of those things who looks favorably upon us and who does things for us for our own good.

~Henry Cloud

Being right can never compete with doing well.

~Henry Cloud

People tend to look at dating sort of like a safari - like they're trying to land the trophy.

~Henry Cloud

Dating is primarily a numbers game.... People usually go through a lot of people to find good relationships. That's just the way it is.

~Henry Cloud

Things don't change in a marriage until the spouse who is taking responsibility for a problem that is not hers decides to say or do something about it.

~Henry Cloud

A leader's responsibility is to cause a vision and mission to have



tangible results in the real world.

~Henry Cloud

One of the worst things you can die with is potential.

~Henry Cloud

In a very real way, ownership is the essence of leadership. When you are ridiculously in charge, then you own whatever happens in a company, school, et cetera.

~Henry Cloud

Dating is a place to practice how to relate to other people.

~Henry Cloud

Just as we leave the effects of our work behind in results, we leave the effects of our interactions with people in their hearts, minds, and souls.

~Henry Cloud

You aren't alive if you aren't in need.

~Henry Cloud

I'm not an expert in the sociological realities of all the pastors in the world, but I would say that there are some very, very positive things about the state of integrity in church leaders.

~Henry Cloud

If you are building a culture where honest expectations are communicated and peer accountability is the norm, then the group will address poor performance and attitudes.

~Henry Cloud

There's no better way to become a disintegrated character than to be your own authority.

~Henry Cloud

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