

John Bradshaw Quotes

*Children, Self, Feelings, Pain, Dark, Needs, People, Mistake, Self Esteem,
Believe, Giving, Shame, Way, Discipline, Feels, Hurt, Years, Dog, Evil, Powerful*

Ego is to the true self what a flashlight is to a spotlight.

~John Bradshaw

Children are natural Zen masters; their world is brand new in each and every moment.

~John Bradshaw

It's okay to make mistakes. Mistakes are our teachers -- they help us to learn.

~John Bradshaw

Hell, in my opinion, is never finding your true self and never living your own life or knowing who you are.

~John Bradshaw

I have never met an aggressive person who wasn't a fearful person.

~John Bradshaw

We cannot heal what we cannot feel.

~John Bradshaw

I believe that this neglected, wounded, inner child of the past is the major source of human misery.

~John Bradshaw

True love heals and affects spiritual growth. If we do not grow because of someone else's love, it's generally because it is a counterfeit form of love.

~John Bradshaw

Recovery begins with embracing our pain and taking the risk to share it with others. We do this by joining a group and talking about our pain.

~John Bradshaw

To truly be committed to a life of honesty, love and discipline, we must be willing to commit ourselves to reality.

~John Bradshaw

It is a mark of soulfulness to be present in the here and now. When we are present, we are not fabricating inner movies. We are seeing what is before us.

~John Bradshaw

The more we know about how we lost our spontaneous wonder and creativity, the more we can find ways to get them back.

~John Bradshaw

It's essential to tell the truth at all times. This will reduce life's pain. Lying distorts reality. All forms of distorted thinking must be corrected.

~John Bradshaw

Since the earliest period of our life was preverbal, everything depended on emotional interaction. Without someone to reflect our emotions, we had no way of knowing who we were.

~John Bradshaw

I know from my own clinical work that when people are beaten and hurt, they numb out so that they can't feel anymore.

~John Bradshaw

You can't heal what you can't feel!

~John Bradshaw

Shame is the root of all addictions.

~John Bradshaw

Evil is a source of moral intelligence in the sense that we need to learn from our shadow, from our dark side, in order to be good.

~John Bradshaw

Children are curious and are risk takers. They have lots of courage. They venture out into a world that is immense and dangerous. A child initially trusts life and the processes of life.

~John Bradshaw

All these feelings need to be felt. We need to stomp and storm; to sob and cry; to perspire and tremble.

~John Bradshaw

Most people who have survived abuse have great strength.

~John Bradshaw

The foundation for our self-image is grounded in the first three years of life. It comes from our major caretaker's mirroring.

~John Bradshaw

We move from the illusion of certainty, to the certainty of illusion

~John Bradshaw

Condemning others as bad or sinful is a way to feel righteous. Such a feeling is a powerful mood alteration and can become highly addictive.

~John Bradshaw

Growing up means leaving home and becoming a self supporting adult. I think this the hardest task any human being has to face.

~John Bradshaw

Virtue is an inner strength. It expands your nature.

~John Bradshaw

Healthy shame is an emotion that teaches us about our limits. Like all emotions, shame moves us to get our basic needs met.

~John Bradshaw

Children need parents who model self-discipline rather than preach it. They learn from what their parents are actually willing to do; not from what they say they do.

~John Bradshaw

Chronically dysfunctional families are also delusional. Delusion is sincere denial.

~John Bradshaw

Children aren't fooled. They know we give time to the things we love.

~John Bradshaw

You can find more traditional Shakespeare than we do. But what we want to bring to these works is energy, passion, freshness.

~John Bradshaw

There are plenty of quacks in the field. Fewer than you'd expect, though still plenty (in alternative medicine).

~John Bradshaw

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