

Milton H. Erickson

Quotes

People, Way, Unconscious, Mind, Unique, Motivation, Goal, Past, Dream, Knowing, Long, Insight, Masters, Positivity, Inspirational, Needs, Imperfect, Confusion, Baby, Known

Life will bring you pain all by itself. Your responsibility is to create joy.

~Milton H. Erickson

Allow yourself to see what you don't allow yourself to see.

~Milton H. Erickson

Until you are willing to be confused about what you already know, what you know will never grow bigger, better, or more useful.

~Milton H. Erickson

Change will lead to insight far more often than insight will lead to change.

~Milton H. Erickson

You can't effect the cards that you are dealt, but you can determine how you play them.

~Milton H. Erickson

Enlightenment is always preceded by confusion.

~Milton H. Erickson

The most important thing in changing human behavior is the person's motivation.

~Milton H. Erickson

You use hypnosis not as a cure but as a means of establishing a favorable climate in which to learn.

~Milton H. Erickson

People do not come into therapy to change their past but their future.

~Milton H. Erickson

The unconscious works without your knowledge and that is the way it prefers.

~Milton H. Erickson

A goal without a date is just a dream.

~Milton H. Erickson

People who accomplish a great many things are people who have freed themselves from biases. These are the creative people.

~Milton H. Erickson

I am very confident. I look confident. I act confident. I speak in a confident way.

~Milton H. Erickson

I have no intention of dying. In fact, it will be the last thing I do!

~Milton H. Erickson

Don't ask why the patient is the way he is, ask for what he would change.

~Milton H. Erickson

You don't take insults. You leave them with the insulter.

~Milton H. Erickson

Life's difficulties are merely necessary roughage.

~Milton H. Erickson

Trance is a natural everyday experience.

~Milton H. Erickson

How many of us really appreciate the childishness of the unconscious mind?

~Milton H. Erickson

There are so many things in human living that we should regard not as

traumatic learning but as incomplete learning, unfinished learning.

~Milton H. Erickson

What is easiest to see is often overlooked.

~Milton H. Erickson

You can pretend anything and master it.

~Milton H. Erickson

We always translate the other person's language into our own language.

~Milton H. Erickson

You can trust the unconscious.

~Milton H. Erickson

When I wanted to know something, I wanted it undistorted by somebody else's imperfect knowledge.

~Milton H. Erickson

Therapy is often a matter of tipping the first domino.

~Milton H. Erickson

Little is really known of the actual potentials of human functioning.

~Milton H. Erickson

You can't learn to swim on a piano bench.

~Milton H. Erickson

Life is lived in the present and directed toward a future.

~Milton H. Erickson

Emphasis should be placed more on what the patient does in the present and will do in the future than on a mere understanding of why

some long-past event occurred.

~Milton H. Erickson

As for my dignity... the hell with my dignity. I will get along alright in this world. I don't have to be dignified, professional.

~Milton H. Erickson

The conscious ego cannot tell the unconscious what to do?

~Milton H. Erickson

Shut up, sit in that chair there and go into a deep trance!

~Milton H. Erickson

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