

# Nathaniel Branden

## Quotes

*Self Esteem, Self, Mean, People, Thinking, Integrity, Acceptance, Men, Love,  
Struggle, Pain, Needs, Goal, Reality, Confidence, Fighting, Expression,  
Important, Inspirational, Practice*

The first step toward change is awareness. The second step is acceptance.

~Nathaniel Branden

Self-acceptance is my refusal to be in an adversarial relationship to myself.

~Nathaniel Branden

One of the hardest expressions of self-assertiveness is challenging your limiting beliefs.

~Nathaniel Branden

Of all the judgments we pass in life, none is more important than the judgment we pass on ourselves.

~Nathaniel Branden

If you overcome your fear to ask someone for a date, a raise, or help with a project, that is an act of self-assertiveness. You are moving out into life rather than contracting and withdrawing.

~Nathaniel Branden

Live with integrity, respect the rights of other people, and follow your own bliss.

~Nathaniel Branden

Integrity is congruence between what you know, what you profess, and what you do.

~Nathaniel Branden

If you face life without confidence in your own powers, you succumb too easily to setbacks and adversity; you lack the will to persevere.

~Nathaniel Branden

The greater a child's terror, and the earlier it is experienced, the harder

it becomes to develop a strong and healthy sense of self.

~Nathaniel Branden

Self esteem is the reputation we acquire with ourselves.

~Nathaniel Branden

There is overwhelming evidence that the higher the level of self-esteem, the more likely one will be to treat others with respect, kindness, and generosity.

~Nathaniel Branden

A commitment to lifelong learning is a natural expression of the practice of living consciously.

~Nathaniel Branden

A bully hides his fears with fake bravado. That is the opposite of self-assertiveness.

~Nathaniel Branden

The highest compliment one can be paid by another human being is to be told: 'Because of what you are, you are essential to my happiness.'

~Nathaniel Branden

No one is coming to save you.

~Nathaniel Branden

Integrity means congruence. Words and behavior match.

~Nathaniel Branden

The stability we cannot find in the world, we must create within our own persons.

~Nathaniel Branden

The ultimate test of our integrity is not how we deal with those whom

we agree but how we deal with those who we do not agree.

~Nathaniel Branden

Fear and pain should be treated as signals not to close our eyes but to open them wider.

~Nathaniel Branden

To attain "success" without attaining positive self-esteem is to be condemned to feeling like an imposter anxiously awaiting exposure.

~Nathaniel Branden

Romantic love is a passionate spiritual-emotional-sexual attachment between a man and a woman that reflects a high regard for the value of each other's person.

~Nathaniel Branden

If my aim is to prove I am 'enough,' the project goes on to infinity-because the battle was already lost on the day I conceded the issue was debatable.

~Nathaniel Branden

Productive achievement is a consequence and an expression of health and self-esteem, not its cause.

~Nathaniel Branden

A depression is a large-scale decline in production and trade...there is nothing in the nature of a free-market economy to cause such an event.

~Nathaniel Branden

Integrity is the integration of ideals, convictions, standards, beliefs-and behavior. When our behavior is congruent with our professed values, when ideals and practice match up, we have integrity.

~Nathaniel Branden

Be careful what you say to your children. They may agree with you.

~Nathaniel Branden

A goal without an action plan is a daydream.

~Nathaniel Branden

Feel deeply to think clearly.

~Nathaniel Branden

When people are not accepting toward themselves they are often obsessed with acceptance by others.

~Nathaniel Branden

Every day, it's important to ask and answer these questions: "What's good in my life?" and "What needs to be done?"

~Nathaniel Branden

One of the characteristics of love relationships that flower is a relatively high degree of mutual self-disclosure

~Nathaniel Branden

The real basic power of an individual isn't what he or she knows; it's the ability to think and learn and face new challenges.

~Nathaniel Branden

You have a right to your feelings. Your feelings are there to tell you something, but they are not infallible guides to behavior.

~Nathaniel Branden

We are anxious when there is a dissonance between our "knowledge" and the perceivable facts. Since our "knowledge" is not to be doubted or questioned, it is the facts that have to be altered.

~Nathaniel Branden

Anyone who engages in the practice of psychotherapy confronts every day the devastation wrought by the teachings of religion.

~Nathaniel Branden

We tend to feel most comfortable, "most at home", with people whose self esteem level resembles our own.

~Nathaniel Branden

Anyone who really loves you wants you to be authentic. And anyone who doesn't want you to be authentic doesn't really love you.

~Nathaniel Branden

When your principles seem to be demanding suicide, clearly it's time to check your premises

~Nathaniel Branden

There is no value-judgment more important to a man--no factor more decisive in his psychological development and motivation--than the estimate he passes on himself.

~Nathaniel Branden

It is very difficult to accept in others emotions you cannot accept in yourself.

~Nathaniel Branden

Our motive is not to prove our self-worth, but to live up to our possibilities.

~Nathaniel Branden

The reputation you have with yourself - your self-esteem - is the single most important factor for a fulfilling life.

~Nathaniel Branden

When we bury our feelings, we also bury ourselves. It means we exist

in a state of alienation. We rarely know it, but we are lonely for ourselves.

~Nathaniel Branden

For "I" to become "we" and yet remain "I," is one of the great challenges of marriage.

~Nathaniel Branden

Either you will make your life work, or your life will not work.

~Nathaniel Branden

As you grow in self-esteem, your face, manner, way of talking and moving will tend naturally to project the pleasure you take in being alive.

~Nathaniel Branden

We must become what we wish to teach.

~Nathaniel Branden

One of the most significant characteristics of healthy self esteem is that it is the state of one who is not at war either with himself or with others.

~Nathaniel Branden

If you have high self-esteem, you might still know times of emotional suffering, but less often and with faster recovery-your resilience is greater.

~Nathaniel Branden

Fully to surrender to love can be terrifying. But it is the price life asks in exchange for the possibility of ecstasy.

~Nathaniel Branden

How do we nurture the soul? By revering our own life. By learning to love it all, not only the joys and the victories, but also the pain and the

struggles.

~Nathaniel Branden

Loving consciously does not mean subjecting your relationship to endless analysis. It means something much simpler: paying attention. Noticing. This requires presence.

~Nathaniel Branden

Self-esteem is not a luxury; it is a profound spiritual need.

~Nathaniel Branden

It is painful to face the self we know we have never had the integrity to honor and assert.

~Nathaniel Branden

Where we see self esteem, we see self acceptance. High self esteem individual tend to avoid falling into an adversarial relationship with themselves.

~Nathaniel Branden

When you are frightened, you typically pull energy in to your center, seeing less, hearing less-shrinking consciousness precisely when you need to expand it.

~Nathaniel Branden

In a world in which the total of human knowledge is doubling about every ten years, our security can rest only on our ability to learn

~Nathaniel Branden

Reason and emotion are not antagonists. What seems like a struggle between two opposing ideas or values, one of which, automatic and unconscious, manifests itself in the form of a feeling.

~Nathaniel Branden



The policy of seeking values from human beings by means of force, when practiced by an individual, is called crime. When practiced by a government, it is called statism.

~Nathaniel Branden

What is guilt? It is moral self-reproach-I did wrong when it was possible to have done otherwise.

~Nathaniel Branden

Most of the time, I regard the judgment of people as a waste of time. I regard the judgment of behavior as imperative.

~Nathaniel Branden

If you are terrified of making mistakes, you will be reluctant to acknowledge them when you do make them-and therefore you will not correct them.

~Nathaniel Branden

The world belongs to those who persevere.

~Nathaniel Branden

To trust one's mind and to know that one is worthy of happiness is the essence of self-esteem.

~Nathaniel Branden

If we do not believe in ourselves- neither in our efficacy nor in our goodness- the universe is a frightening place.

~Nathaniel Branden

Suffering is just about the easiest of all human activities; being happy is just about the hardest. And happiness requires, not surrender to guilt, but emancipation from guilt.

~Nathaniel Branden

To exist without purpose is to be at the mercy of the chance encounter, the chance invitation, the chance phone call, the chance event- always being controlled by forces external to oneself.

~Nathaniel Branden

It's not that achievements prove our worth but rather that the process of achieving is the means by which we develop our effectiveness, our competence at living.

~Nathaniel Branden

Doing more of what doesn't work doesn't work.

~Nathaniel Branden

Respect starts with ourselves.

~Nathaniel Branden

I have to respect other's opinions even if I don't agree with them.

~Nathaniel Branden

An emotion is both a mental and a physical event.

~Nathaniel Branden

Freedom is still the most radical idea of all.

~Nathaniel Branden

Your life is important. Fight for it. Honour your highest potentials.

~Nathaniel Branden

Capitalism, by its nature, entails a constant process of motion, growth and progress.

~Nathaniel Branden

Sometimes pain is easier to bear alone than happiness.

~Nathaniel Branden

Set goals that don't feel all that easy, that challenge you, stimulate you, and give you a chance to stretch and push yourself. That is where the power of growth lies.

~Nathaniel Branden

Self-respecting men and women think about the consequences of their actions-and are willing to take responsibility for them.

~Nathaniel Branden

It would be hard to name a more certain sign of poor self-esteem than the need to perceive some other group as inferior.

~Nathaniel Branden

Do not marry the enemy of your excitement.

~Nathaniel Branden

Sometimes the subconscious mind manifests a wisdom several steps or even years ahead of the conscious mind, and has its own way of leading us toward our destiny.

~Nathaniel Branden

If we attach more importance to what other people believe than to what we know to be true - if we value belonging over being - we will not attain authenticity.

~Nathaniel Branden

Moved by a passion they do not understand for a goal they seldom reach, men and women are haunted by the vision of a distant possibility that refuses to be extinguished.

~Nathaniel Branden

A productive purpose to which you give yourself fully and joyfully is one of the great adventures of life. It is a uniquely human source of happiness.

~Nathaniel Branden

If you bring five percent more awareness to your work tomorrow, or to your most important relationship, what might you do differently? Are you willing to find out?

~Nathaniel Branden

High self esteem people can surely be knocked down by an excess of troubles, but they are quick to pick themselves up again.

~Nathaniel Branden

Force, governmental coercion, is the instrument by which the ethics of altruism - the belief that the individual exists to serve others - is translated into political reality.

~Nathaniel Branden

The desire for self-esteem without integrity is like the desire for wealth without effort-a longing for the unearned.

~Nathaniel Branden

If you choose not to live self-responsibly, you count on others to make up your default. No one abjures self-responsibility on a desert island.

~Nathaniel Branden

Accepting does not necessarily mean liking, enjoying, condoning. I can accept what is-and be determined to evolve from there. It is not acceptance but denial that leaves me stuck.

~Nathaniel Branden

Self-esteem is a powerful force within each of us... Self-esteem is the experience that we are appropriate to life and to the requirements of life.

~Nathaniel Branden

A woman in love will do almost anything for a man, except give up the desire to improve him.

~Nathaniel Branden

The lies most devastating to our self-esteem are not so much the lies we tell as the lies we live.

~Nathaniel Branden

The first love affair you must consummate is the love affair with yourself. Only then are you ready for a romantic relationship.

~Nathaniel Branden

**Related Links:**

- Self Esteem Quotes
- Self Quotes
- Mean Quotes
- People Quotes
- Thinking Quotes
- Integrity Quotes
- Acceptance Quotes
- Men Quotes
- Love Quotes
- Struggle Quotes
- Pain Quotes
- Needs Quotes
- Goal Quotes
- Reality Quotes
- Confidence Quotes
- Fighting Quotes
- Expression Quotes
- Important Quotes
- Inspirational Quotes
- Practice Quotes