

Phil McGraw

Quotes

*People, Thinking, Inspirational, Want, Needs, Children, Believe, Life, Trying,
Motivational, Ifs, Encouragement, Life Is, Years, Two, Mean, Giving,
Differences, Family, Heart*

Eighty percent of all choices are based on fear. Most people don't choose what they want; they choose what they think is safe.

~Phil McGraw

Take it from a guy: If you're in love with somebody, you will swim the stream, you will climb the mountain, you will slay the dragon. You're going to get to her somehow, some way.

~Phil McGraw

In life you have three options with any situation that is a challenge. Remove yourself from the situation, change it, or accept it.

~Phil McGraw

Instead of being ashamed of what you've been through, be proud of what you have overcome!

~Phil McGraw

Relationships are negotiated and if you deal with ultimatums and authority all the time, then you're not going to get anywhere.

~Phil McGraw

You have got to decide, look, this is who I am; this is my best way to present myself, and I'm going to ride that horse to the finish line. Not everybody will like it, but that's OK.

~Phil McGraw

If you don't have a plan, days turn into weeks, weeks turn into months, months turn into years, and before you know it you're looking back saying, I should've had a plan.

~Phil McGraw

People have the right to think and say whatever they want to. But you have the right not to take it to heart, and not to react.

~Phil McGraw

Unless you know who you are, you will always be vulnerable to what people say.

~Phil McGraw

People who have nothing to hide, hide nothing. You should be an open book, be transparent.

~Phil McGraw

Change can come in either of two important ways: Start behaving positively or stop behaving negatively.

~Phil McGraw

Sometimes you make the right decision, sometimes you make the decision right.

~Phil McGraw

I think you're running into a lot of trouble if your idea of foreplay is, 'Brace yourself honey, here I come!'

~Phil McGraw

Think about all of the times, situations, and circumstances where you have gotten caught up in making your self right rather than happy... The harder you fight to win, the bigger you lose.

~Phil McGraw

I'm embarrassed every time I look a teacher in the eye, because we ask them to do so much for so little.

~Phil McGraw

Some people prefer the passenger role, because it imposes no real pressure to decide or stand accountable for their life results.

~Phil McGraw

Life's a marathon, not a sprint.

~Phil McGraw

Pain is the price you pay for resisting life.

~Phil McGraw

Stand up and walk out of your history

~Phil McGraw

People say time heals all wounds. Let me tell you, time heals nothing. You can do the wrong thing for 10 years and it doesn't equal the right thing for one day.

~Phil McGraw

You don't need a pack of wild horses to learn how to make a sandwich.

~Phil McGraw

Successful weight loss takes programming, not willpower.

~Phil McGraw

It's better to be healthy alone than sick with someone else.

~Phil McGraw

The difference between winners and losers is that winners do things losers don't want to do.

~Phil McGraw

If you want more, you have to require more from yourself.

~Phil McGraw

Anger is nothing more than an outward expression of hurt, fear and frustration

~Phil McGraw

My dad used to say, 'You wouldn't worry so much about what people

thought about you if you knew how seldom they did.

~Phil McGraw

Grief is a process to go through, not a destination in which to wallow. In a process, you keep putting one foot in front of the other, and each little step is part of your healing.

~Phil McGraw

Life is not a success only journey.

~Phil McGraw

Men fall in love with their eyes. Women fall in love with their ears.

~Phil McGraw

There's a big difference between falling in love and being in love.
There's a big difference between infatuation and falling in love.

~Phil McGraw

You're only lonely if you're not there for you.

~Phil McGraw

Take the high road, there's a lot less traffic up there.

~Phil McGraw

Eighty percent of all questions are statements in disguise.

~Phil McGraw

There is power in forgiveness.

~Phil McGraw

We teach people how to treat us.

~Phil McGraw

You are your own most important resource for making your life work.

Life rewards action. Until your knowledge, awareness, insights, and understandings are translated into action, they are of no value.

~Phil McGraw

You can't change what you don't acknowledge.

~Phil McGraw

You do not HAVE to be angry just because you have the right to be angry.

~Phil McGraw

It's so much easier to tell people what they want to hear instead of what they need to hear.

~Phil McGraw

If you need a miracle, be a miracle.

~Phil McGraw

When you allow a person's words to upset you, you're giving away your power.

~Phil McGraw

If you don't know what it is you want - and I mean specifically - then you won't even know when you have it.

~Phil McGraw

You can't put feathers on a dog and call it a chicken!

~Phil McGraw

Sometimes you just got to give yourself what you wish someone else would give you.

~Phil McGraw

Anyone can do something when they want to do it. Really successful

people do things when they don't want to do it.

~Phil McGraw

Are you doing what you're doing today because you want to do it, or because it's what you were doing yesterday?

~Phil McGraw

This is your life and the clock is ticking.

~Phil McGraw

If what you're doing isn't working, change it.

~Phil McGraw

Everybody should have the opportunity to do and be everything they can be.

~Phil McGraw

Effective negotiators have a style that those whom they are trying to influence, relate to and admire.

~Phil McGraw

Everyone faces the challenge of finding meaning to their suffering.

~Phil McGraw

Know your goal, make a plan and pull the trigger

~Phil McGraw

A lot of people do have tragic childhoods. But you know what? Get over it.

~Phil McGraw

There is no reality, only perception.

~Phil McGraw

The truth doesn't have versions, it just is.

~Phil McGraw

I do not believe, even remotely, that you have to have a partner in your life in order to be whole, in order to be complete, in order to be fulfilled. You just don't have to.

~Phil McGraw

People create their own experiences.

~Phil McGraw

The Internet is just bringing all kinds of information into the home. There's just a lot of distraction, a lot of competition for the parent's voice to resonate in the children's ears.

~Phil McGraw

Awareness without action is worthless.

~Phil McGraw

You get what you ask for in this life. If you ask for nothing, you get nothing.

~Phil McGraw

Learn when's a good time to shut up

~Phil McGraw

Every one of us have things that we believe about ourselves when nobody else is looking, nobody else is listening, nobody else is monitoring what we're doing. We believe things about ourselves.

~Phil McGraw

You know, what we do know is that there is a high frequency of violence in the home of those who bully.

~Phil McGraw

Life's managed, not cured.

~Phil McGraw

You need to listen to your body because your body is listening to you.

~Phil McGraw

The most you get is what you ask for.

~Phil McGraw

Success means different things in different parts of my life, but overall if I have to define ultimately what success means - the bottom line - then for me it's if the family is healthy and happy.

~Phil McGraw

You need to face the pain and the fear and walk through the Grief.

~Phil McGraw

Food is a coping mechanism; people are afraid of giving it up because then they'll feel confused and lost.

~Phil McGraw

A mother is only as happy as her saddest child.

~Phil McGraw

When you get married, your loyalty, first and foremost, is to your spouse, and to the family that you create together.

~Phil McGraw

Happiness isn't a one-size-fits-all proposition. You must define what it looks like for you and then make a conscious effort to access whatever gets you to your unique definition of joy.

~Phil McGraw

Most choices are driven by immediate results.

~Phil McGraw

Do you realize that you can't play the game of life with sweaty palms?

~Phil McGraw

At the end of the day, whether or not those people are comfortable with how you're living your life doesn't matter. What matters is whether you're comfortable with it.

~Phil McGraw

I'm one of those that believes you can't be one kind of a man and another kind of president.

~Phil McGraw

We are proud to have a platform through the Dr Phil show and the Dr. Phil Foundation to offer children the voice they need to meet their goals in having a better life.

~Phil McGraw

Don't wait until you're in a crisis to come up with a crisis plan.

~Phil McGraw

A year from now, you're gonna weigh more or less than what you do right now.

~Phil McGraw

I think every parent, every generation has wanted their children to do better and have a higher standard of living. But I think there's too much guilt.

~Phil McGraw

I grew up in athletics, where people keep score.

~Phil McGraw

Life is a full-contact sport, and there's a score up on the board.

~Phil McGraw

I tell you, if you're in the front row of the parade and you stop walking, pretty soon you're back in the tuba section. And if you want to lead the parade you've got to keep moving.

~Phil McGraw

There are some sick people in this world.

~Phil McGraw

Those who marry for money end up EARNING it anyway.

~Phil McGraw

Loving smart means believing in you, your worth and your value.

~Phil McGraw

Leaders inspire. They aren't assigned leadership. They command it.

~Phil McGraw

You must demand nothing less than the best of yourself and for yourself. You must tell yourself that it is not wrong to want it all.

~Phil McGraw

You cannot be who and what you are unless you have a lifestyle, both internally and externally, that is designed to support that definition of self.

~Phil McGraw

You should consider an employment change before you consider selling out.

~Phil McGraw

It's hard to see your own face without a mirror.

~Phil McGraw

I mean, if you degrade someone, you isolate them, you control them, you call them names, you demean them. That's a horrible existence for people.

~Phil McGraw

Common sense needs to be more common.

~Phil McGraw

This is no dress rehearsal.

~Phil McGraw

Life Is Managed; It Is Not Cured.

~Phil McGraw

Oh, everybody wears a mask. We all put our best foot forward. We all try and make a statement, I'm not saying that's bad.

~Phil McGraw

If you marry for money you will earn every penny.

~Phil McGraw

There is nothing wrong with your marriage if you're dealing with bills and kids and the broken garbage disposal and in-laws and work demands. That's a normal marriage.

~Phil McGraw

If I was on the air and was just kind of a plain-vanilla personality that took the safe road and the safe way trying to please all of the people all of the time, I'd been gone in two weeks.

~Phil McGraw

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