

Viktor E. Frankl

Quotes

*Men, Life, Attitude, Inspirational, Self, Suffering, Mans Search For Meaning,
Giving, Lasts, Fate, Goal, Spiritual, Happiness, Mean, People, Thinking,
Responsibility, Meaning Of Life, Love, World*

When we are no longer able to change a situation - we are challenged to change ourselves.

~Viktor E. Frankl

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

~Viktor E. Frankl

Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation.

~Viktor E. Frankl

When a person can't find a deep sense of meaning, they distract themselves with pleasure.

~Viktor E. Frankl

Life is never made unbearable by circumstances, but only by lack of meaning and purpose.

~Viktor E. Frankl

The one thing you can't take away from me is the way I choose to respond to what you do to me.

~Viktor E. Frankl

Our greatest human freedom is that, despite whatever our physical situation is in life, **WE ARE ALWAYS FREE TO CHOOSE OUR THOUGHTS!**

~Viktor E. Frankl

There are two races of men in this world but only these two: the race of the decent man and the race of the indecent man.

~Viktor E. Frankl

Success, like happiness, is the unexpected side effect of one's personal dedication to a cause greater than oneself.

~Viktor E. Frankl

It isn't the past which holds us back, it's the future; and how we undermine it, today.

~Viktor E. Frankl

Everything can be taken from a man but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.

~Viktor E. Frankl

Being tolerant does not mean that I share another one's belief. But it does mean that I acknowledge another one's right to believe, and obey, his own conscience.

~Viktor E. Frankl

Live as if you were living a second time, and as though you had acted wrongly the first time.

~Viktor E. Frankl

What is to give light must endure burning.

~Viktor E. Frankl

In some ways suffering ceases to be suffering at the moment it finds a meaning, such as the meaning of a sacrifice.

~Viktor E. Frankl

The quest for meaning is the key to mental health and human flourishing

~Viktor E. Frankl

Life can be pulled by goals just as surely as it can be pushed by drives.

~Viktor E. Frankl

An abnormal reaction to an abnormal situation is normal behavior.

~Viktor E. Frankl

Our greatest freedom is the freedom to choose our attitude.

~Viktor E. Frankl

Each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible.

~Viktor E. Frankl

You don't create your mission in life - you detect it.

~Viktor E. Frankl

If there is meaning in life at all, then there must be meaning in suffering.

~Viktor E. Frankl

Each of us carries a unique spark of the divine, and each of us is also an inseparable part of the web of life.

~Viktor E. Frankl

This is the core of the human spirit ... If we can find something to live for - if we can find some meaning to put at the center of our lives - even the worst kind of suffering becomes bearable.

~Viktor E. Frankl

It is this spiritual freedom - which cannot be taken away - that makes life meaningful and purposeful.

~Viktor E. Frankl

No man should judge unless he asks himself in absolute honesty

whether in a similar situation he might not have done the same.

~Viktor E. Frankl

It is here that we encounter the central theme of existentialism: to live is to suffer, to survive is to find meaning in the suffering.

~Viktor E. Frankl

Even when it is not fully attained, we become better by striving for a higher goal.

~Viktor E. Frankl

The one thing you can't take away from me is the way I choose to respond to what you do to me. The last of one's freedoms is to choose one's attitude in any given circumstance.

~Viktor E. Frankl

The point is not what we expect from life, but rather what life expects from us.

~Viktor E. Frankl

Life asks of every individual a contribution, and it is up to that individual to discover what it should be

~Viktor E. Frankl

Love is the only way to grasp another human being in the innermost core of his personality

~Viktor E. Frankl

Self-actualization cannot be attained if it is made an end in itself, but only as a side effect of self-transcendence.

~Viktor E. Frankl

Man's main concern is not to gain pleasure or to avoid pain but rather to see a meaning in his life.

~Viktor E. Frankl

Every human being has the freedom to change at any instant.

~Viktor E. Frankl

If we take a man as he is, we make him worse, but if we take man as he should be we make him capable of becoming what he can be.

~Viktor E. Frankl

Humor was another of the soul's weapons in the fight for self-preservation.

~Viktor E. Frankl

Decisions, not conditions, determine what a man is.

~Viktor E. Frankl

To suffer unnecessarily is masochistic rather than heroic.

~Viktor E. Frankl

The attempt to develop a sense of humor and to see things in a humorous light is some kind of a trick learned while mastering the art of living.

~Viktor E. Frankl

But there was no need to be ashamed of tears, for tears bore witness that a man had the greatest of courage, the courage to suffer.

~Viktor E. Frankl

Man can only find meaning for his existence in something outside himself.

~Viktor E. Frankl

I recommend that the Statue of Liberty be supplemented by a Statue of Responsibility on the west coast.

~Viktor E. Frankl

God is the partner of your most intimate soliloquies

~Viktor E. Frankl

A human being is a deciding being.

~Viktor E. Frankl

Between stimulus and response is the freedom to choose.

~Viktor E. Frankl

As such, I also bear witness to the unexpected extent to which man is capable of defying and braving even the worst conditions conceivable.

~Viktor E. Frankl

Once an individual's search for meaning is successful, it not only renders him happy but also gives him the capability to cope with suffering

~Viktor E. Frankl

The crowning experience of all, for the homecoming man, is the wonderful feeling that, after all he has suffered, there is nothing he need fear anymoreâ€”except his God.

~Viktor E. Frankl

The existential vacuum manifests itself mainly in a state of boredom.

~Viktor E. Frankl

And I quoted from Nietzsche: That which does not kill me, makes me stronger.

~Viktor E. Frankl

The meaning of my life is to help others find meaning in theirs.

~Viktor E. Frankl

Nothing is likely to help a person overcome or endure troubles than the consciousness of having a task in life.

~Viktor E. Frankl

For what then matters is to bear witness to the uniquely human potential at its best, which is to transform a personal tragedy into a triumph, to turn one's predicament into a human achievement.

~Viktor E. Frankl

We had to learn...that it did not really matter what we expected from life but rather what life expected from us.

~Viktor E. Frankl

Since Auschwitz we know what man is capable of. And since Hiroshima we know what is at stake.

~Viktor E. Frankl

One can choose one's attitude in any given set of circumstances.

~Viktor E. Frankl

Ever more people today have the means to live, but no meaning to live for.

~Viktor E. Frankl

The more one forgives himself - by giving himself to a cause to serve or another person to love - the more human he is and the more he actualizes himself.

~Viktor E. Frankl

The meaning of our existence is not invented by ourselves, but rather detected.

~Viktor E. Frankl

We can discover this meaning in life in three different ways: 1. by doing

a deed; 2. by experiencing a value; and 3. by suffering.

~Viktor E. Frankl

Despair is suffering without meaning.

~Viktor E. Frankl

Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual.

~Viktor E. Frankl

Man's inner strength may raise him above his outward fate.

~Viktor E. Frankl

We needed to stop asking about the meaning of life.

~Viktor E. Frankl

The last of the human freedoms is to choose one's attitude in any given set of circumstances, to choose one's own way.

~Viktor E. Frankl

Man is not fully conditioned and determined but rather determines himself whether he gives in to conditions or stands up to them.

~Viktor E. Frankl

There is nothing in the world, I venture to say, that would so effectively help one to survive even the worst conditions as the knowledge that there is a meaning in one's life.

~Viktor E. Frankl

Pain is only bearable if we know it will end, not if we deny it exists.

~Viktor E. Frankl

Then I grasped the meaning of the greatest secret that human poetry

and human thought and belief have to impart: The salvation of man is through love and in love.

~Viktor E. Frankl

The salvation of man is through love and in love.

~Viktor E. Frankl

In times of crisis, people reach for meaning. Meaning is strength. Our survival may depend on our seeking and finding it.

~Viktor E. Frankl

Happiness cannot be pursued; it must ensue.

~Viktor E. Frankl

Ultimate freedom is a man's right to choose his attitude.

~Viktor E. Frankl

When a man cannot find meaning, he numbs himself with pleasure.

~Viktor E. Frankl

It said to me, 'I am here â€” I am here â€” I am life, eternal life.'

~Viktor E. Frankl

Suffering presents us with a challenge: to find our goals and purpose in our lives that make even the worst situation worth living through.

~Viktor E. Frankl

Man ultimately decides for himself! And in the end, education must be education towards the ability to decide

~Viktor E. Frankl

Love is the ultimate and the highest goal to which man can aspire.

~Viktor E. Frankl

The last freedom is choosing your attitude.

~Viktor E. Frankl

The more one forgets one's own self, the more human the person becomes.

~Viktor E. Frankl

Success is total self-acceptance.

~Viktor E. Frankl

As for the concept of collective guilt, I personally think that it is totally unjustified to hold one person responsible for the behavior of another person or a collective of persons.

~Viktor E. Frankl

Man does not simply exist but always decides what his existence will be, what he will become the next moment. By the same token, every human being has the freedom to change at any instant.

~Viktor E. Frankl

The angels are lost in perpetual contemplation of an infinite glory.

~Viktor E. Frankl

Either belief in God is unconditional or it is no belief at all.

~Viktor E. Frankl

I do the unpleasant tasks before I do the pleasant ones.

~Viktor E. Frankl

There are only two races, the decent and the indecent.

~Viktor E. Frankl

The last of human freedoms - the ability to chose one's attitude especially an attitude of gratitude in a given set of circumstances

especially in difficult circumstances.

~Viktor E. Frankl

Human kindness can be found in all groups, even those which as a whole it would be easy to condemn.

~Viktor E. Frankl

Fear may come true that which one is afraid of.

~Viktor E. Frankl

No one can become fully aware of the very essence of another human being unless he loves him.

~Viktor E. Frankl

I do not forget any good deed done to me & I do not carry a grudge for a bad one.

~Viktor E. Frankl

What you have experienced, no power on earth can take from you.

~Viktor E. Frankl

Happiness cannot be attained by wanting to be happy - it must come as the unintended consequence of working for a goal greater than oneself.

~Viktor E. Frankl

Everywhere man is confronted with fate , with a chance of achieving something through his own suffering.

~Viktor E. Frankl

It is not freedom from conditions, but it is freedom to take a stand toward the conditions.

~Viktor E. Frankl

I never would have made it if I could not have laughed. It lifted me momentarily out of this horrible situation, just enough to make it livable.

~Viktor E. Frankl

It is well known that humor, more than anything else in the human make-up, can afford an aloofness and an ability to rise above any situation, even if only for a few seconds.

~Viktor E. Frankl

Love goes very far beyond the physical person of the beloved.

~Viktor E. Frankl

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