

# Virginia Satir Quotes

*People, Children, Jobs, Problem, Giving, Inspirational, Communication, Judging,  
Thinking, Self Esteem, Life, Teacher, Together, I Can, Appreciate, Parenting,  
Believe, Okay, Love, Events*

We get together on the basis of our similarities; we grow on the basis of our differences.

~Virginia Satir

We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth.

~Virginia Satir

I want you to get excited about who you are, what you are, what you have, and what can still be for you. I want to inspire you to see that you can go far beyond where you are right now.

~Virginia Satir

Life is not what it's supposed to be. It's what it is. The way you cope with it is what makes the difference.

~Virginia Satir

Communication is to relationships what breath is to life.

~Virginia Satir

We must not allow other people's limited perceptions to define us.

~Virginia Satir

Every word, facial expression, gesture, or action on the part of a parent gives the child some message about self-worth. It is sad that so many parents don't realize what messages they are sending.

~Virginia Satir

I believe the greatest gift I can conceive of having from anyone is to be seen by them, heard by them, to be understood and touched by them.

~Virginia Satir

Your responses to the events of life are more important than the events themselves.

~Virginia Satir

People prefer the certainty of misery to the misery of uncertainty

~Virginia Satir

The message sent is not always the message received.

~Virginia Satir

Parents teach in the toughest school in the world - The School for Making People. You are the board of education, the principal, the classroom teacher, and the janitor.

~Virginia Satir

Once a human being has arrived on this earth, communication is the largest single factor determining what kinds of relationships he makes with others and what happens to him in the world about him.

~Virginia Satir

The greatest gift I can give is to see, hear, understand, and touch another person.

~Virginia Satir

We need to see ourselves as basic miracles.

~Virginia Satir

I want to appreciate you without judging. Join you without invading. Invite you without demanding. Leave you without guilt.

~Virginia Satir

The Problem is never the problem! It is only a symptom of something much deeper.

~Virginia Satir

We can learn something new anytime we believe we can.

~Virginia Satir

Problems are not the problem; coping is the problem.

~Virginia Satir

Our biggest problem as human beings is not knowing that we don't know.

~Virginia Satir

I own me, and therefore, I can engineer me. I am me, and I am Okay.

~Virginia Satir

It is O. K. for me to feel angry and to express it in responsible ways.

~Virginia Satir

As a therapist, I am a companion. I try to help people tune into their own wisdom.

~Virginia Satir

What lingers from the parent's individual past, unresolved or incomplete, often becomes part of her or his irrational parenting.

~Virginia Satir

The full life is filled with vulnerability, not defense. You face whatever feeling there is.

~Virginia Satir

Many people are living in an emotional jail without realizing it.

~Virginia Satir

Adolescents are not monsters. They are just people trying to learn how to make it among the adults in the world, who are probably not so sure themselves.

~Virginia Satir

The recommended daily requirement for hugs is: four per day for survival, eight per day for maintenance, and twelve per day for growth.

~Virginia Satir

Taste everything, but swallow only what fits.

~Virginia Satir

I give life to that which I notice. What I don't notice dies.

~Virginia Satir

I know people can change-right down to my bones, through every cell, in every fiber of my body-I now that people can change. It is just a question of when and in what context.

~Virginia Satir

You have all played a significant part in my development of loving. As a result, my life has been rich and full, so I leave feeling very grateful.

~Virginia Satir

I am me and I am okay.

~Virginia Satir

Why Family Therapy...because it deals with family pain.

~Virginia Satir

No one's fingerprints are exactly the same as anyone else's.

~Virginia Satir

You have learned what you have learned very well. It has helped you survive.

~Virginia Satir

A growing body of clinical observation has pointed to the conclusion that the family therapy must be oriented to the family as a whole.

~Virginia Satir

So much is asked of parents, and so little is given.

~Virginia Satir

Negotiating the adolescent stage is neither quick nor easy.

~Virginia Satir

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