

# BEST QUOTES ON PSYCHOLOGY

Mental health problems do not affect three or four out of every five persons but one out of one.

--Dr. William Menninger

Human beings are not perfectible. They *are* improvable.

--Eric Sevareid

When you look directly at an insane man, all you see is a reflection of your own knowledge that he's insane, which is not to see him at all. To see him you must see what he saw.

--Robert Pirsig

We can escape from the level of society, but not from the level of intelligence to which we were born.

--Randall Jarrell

All human activity is prompted by desire.

--Bertrand Russell

Psychology is the science of mental life.

—William James

We see the world, not as it is, but as we are -- or, as we are conditioned to see it. When we open our mouths to describe what we see, we in effect describe ourselves, our perceptions, our paradigms.

—Stephen R. Covey

The childhood shows the man  
As morning shows the day.

--John Milton

Woman's basic fear is that she will lose love.

--Sigmund Freud

Men are what their mother made them.

--Ralph Waldo Emerson

Man is a wanting animal--as soon as one of his needs is satisfied, another appears in its place. This process is unending. It continues from birth to death.

--Douglas McGregor

There is no one on this earth who is not twisted by fear and insecurity.

--Doris Lessing

Depression is the inability to construct a future.

--Rollo May

Schizophrenic behaviour is a special strategy that a person invents in order to live in an unlivable situation.

--R. D. Laing

I believe that this neglected, wounded inner child of the past is the major source of human misery.

--John Bradshaw

To cease to be loved is for the child practically synonymous with ceasing to live.

--Dr. Karl Menninger

A library is a good place to go when you feel unhappy, for there, in a book, you may find encouragement and comfort. A library is a good place to go when you feel bewildered or undecided, for there, in a book, you may have your question answered. Books are good company, in sad times and happy times, for books are people - people who have managed to stay alive by hiding between the covers of a book.

—E. B. White

We are, all of us, crippled and twisted. Most of us strive desperately to keep our grotesqueries out of sight and mind. Our suffering is transformed by an alchemy of the soul into addiction, ulcers, strokes, hatred, even war.

—Keith Ablow

The pain of severe depression is quite unimaginable to those who have not suffered it, and it kills in many instances because its anguish can no longer be borne. The prevention of many suicides will continue to be hindered until there is a general awareness of the nature of this pain.

—William Styron

I am not a product of my circumstances. I am a product of my decisions.

—Stephen R. Covey

The world is full of terrible suffering, compared to which the small inconveniences of my childhood are as a drop of rain in the sea.

—Richard Rhodes

Mental Health is measured through motivation to live; the more plans you have and the more significant they are, the more healthy you are.

—Mark Brightlife

The hearts of small children are delicate organs. A cruel beginning in this world can twist them into curious shapes. The heart of a child can shrink so that forever afterward it is hard and pitted as the seed of a peach. Or again, the heart of such a child may fester and swell until it is a misery to carry within the body, easily chafed and hurt by the most ordinary things.

--Carson McCullers

Look into any man's heart you please, and you will always find, in every one, at least one black spot which he has to keep concealed.

--Henrik Ibsen

Irrational expectations are at the root of most human suffering.

—Stefan Molyneux

What people don't understand about depression is how much it hurts. It's like your brain is convinced that it's dying and produces an acid that eats away at you from the inside, until all that's left is a scary hollowness. Your mind fills with dark thoughts; you become convinced that your friends secretly hate you, you're worthless, and then there's no hope. I never got so low as to consider ending it all, but I understand how that can happen to some people. Depression simply hurts too much.

—Tyler Hamilton

The hardcore drug addicts that I treat, are, without exception, people who have had extraordinarily difficult lives. The commonality is childhood abuse. These people all enter life under extremely adverse circumstances. Not only did they not get what they needed for healthy development; they actually got negative circumstances of neglect. I don't have a single female patient in the Downtown Eastside of Vancouver who wasn't sexually abused, for example, as were many of the men, or abused, neglected and abandoned serially, over and over again. That's what sets up the brain biology of addiction. In other words, the addiction is related both psychologically, in terms of emotional pain relief, and neurobiological development to early adversity.

—Gabor Maté

I hold the hands of people I never touch.  
I provide comfort to people I never embrace.  
I watch people walk into brick walls, the same ones over and over again, and I coax them to turn around and try to walk in a different direction.  
People rarely see me gladly. As a rule, I catch the residue of their despair. I see people who are broken, and people who only think they are broken. I see people who have had their faces rubbed in their failures. I see weak people wanting anesthesia and strong people who wonder what they have done to make such an enemy of fate. I am often the final pit stop people take before they crawl across the finish line that is marked: I give up.  
Some people beg me to help.  
Some people dare me to help.  
Sometimes the beggars and the dare-ers look the same. Absolutely the same. I'm supposed to know how to tell them apart.  
Some people who visit me need scar tissue to cover their wounds.  
Some people who visit me need their wounds opened further, explored for signs of infection and contamination. I make those calls, too.  
Some days I'm invigorated by it all. Some days I'm numbed.  
Always, I'm humbled by the role of helper.  
And, occasionally, I'm ambushed.

—Stephen White

There's one problem with all psychological knowledge - nobody can apply it to themselves. People can be incredibly astute about the shortcomings of their friends, spouses, children. But they have no insight into themselves at all. The same people who are coldly clear-eyed about the world around them have nothing but fantasies about themselves. Psychological knowledge doesn't work if you look in a mirror. This bizarre fact is, as far as I know, unexplained.

—Michael Crichton

My head is a prison I've been locked in from the start,  
So if I'm treated like a criminal I might as well play the part.

—Dan Garfat-Pratt

The hardest thing to cope with is not selfishness or vanity or deceitfulness, but sheer stupidity.

--Eric Hoffer

A man is born; his first years go by in obscurity amid the pleasures or hardships of childhood. He grows up; then comes the beginning of manhood; finally society's

gates open to welcome him; he comes into contact with his fellows. For the first time he is scrutinized and the seeds of the vices and virtues of his maturity are thought to be observed forming in him.

This is, if I am not mistaken, a singular error.

Step back in time; look closely at the child in the very arms of his mother; see the external world reflected for the first time in the yet unclear mirror of his understanding; study the first examples which strike his eyes; listen to the first word which arouse with him the slumbering power of thought; watch the first struggles which he has to undergo; only then will you comprehend the source of the prejudices, the habits, and the passions which are to rule his life.

—Alexis de Tocqueville

When you're a kid, you don't think about big stuff that could change your life. You think about small things that might terrify you –like a bad report card or missing a goal in front of all your friends or your friends no longer wanting to play with you. Because that's the biggest stuff you know. The biggest disappointments are all tied to this small little universe of yours, because bigger things cannot fit into a small universe. If you wanted bigger things in there you needed to have more room –or make more room. Perhaps you thought about your parents or your pets dying, which was rare. But all you knew was you would be terribly sad and lonely. And on those occasions when people or pets actually died, someone usually came along and distracted you from feeling too much of your actual feelings. Grownups did that – they never left you alone to feel alone or think alone too much. They tended to think you are too small to know how to think and feel in big heaps, so they took parts of your heap onto themselves. To help – but in the long run –it doesn't help at all. Because if you do not see, or feel or think, or taste the bitter things in life, you don't know they exist. You have not seen enough of the world to know how terrible it could be.

—Adelheid Manefeldt

Accept the past as the past and realize that each new day you are a new person who doesn't need to carry old baggage into the new day with you. It's amazing how many people ruin the beauty of today with the sorrows of yesterday. Yesterday doesn't exist anymore! For example, if ever I feel foolish or guilty about something I've done, I learn from it and attempt to do better the next time. Shame or guilt serves no one. Such feelings actually keep us down, often lowering the vibrations of those around us, as well. Living in the present moment is the recurring baptism of the soul, forever purifying every new day with a new you.

—Alaric Hutchinson

I don't trust those people who poke around sad people's minds and tell them how interesting it all is up there. It's not interesting.

—Ottessa Moshfegh

We should expect the best and the worst from mankind, just as we do from the weather.

--Vauvenargues

How we perceive, feel about and respond to people and situations is far more guided by the lessons of early childhood than we would like to believe. We may be adults, chronologically and physically, but too often the youngest parts of our personality are invisibly, yet actively, living our lives.

—Charlette Mikulka

Our sense of identity is in large measure conferred on us by others in the ways they treat or mistreat us, recognize or ignore us, praise us or punish us. Some people make us timid and shy; others elicit our sex appeal and dominance. In some groups we are made leaders, while in others we are reduced to being followers. We come to live up to or down to the expectations others have of us. The expectations of others often become self-fulfilling prophecies. Without realizing it, we often behave in ways that confirm the beliefs others have about us. Those subjective beliefs create new realities for us. We often become who other people think we are, in their eyes and in our behavior.

—Philip G. Zimbardo

There is a particular kind of pain, elation, loneliness, and terror involved in this kind of madness [manic depressive illness]. When you're high it's tremendous. The ideas and feelings are fast and frequent like shooting stars, and you follow them until you find better and brighter ones. Shyness goes, the right words and gestures are suddenly there, the power to captivate others a felt certainty. There are interests found in uninteresting people. Sensuality is pervasive and the desire to seduce and be seduced irresistible. Feelings of ease, intensity, power, well-being, financial omnipotence, and euphoria pervade one's marrow. But, somewhere, this changes. The fast ideas are far too fast, and there are far too many; overwhelming confusion replaces clarity. Memory goes. Humor and absorption on friends' faces are replaced by fear and concern. Everything previously moving with the grain is now against-- you are irritable, angry, frightened, uncontrollable, and enmeshed totally in the blackest caves of the mind. You never knew those caves were there. It will never end, for madness carves its own reality.

—Kay Redfield Jamison

Sometimes people hold a core belief that is very strong. When they are presented with evidence that works against that belief, the new evidence cannot be accepted. It would create a feeling that is extremely uncomfortable, called cognitive dissonance. And because it is so important to protect the core belief, they will rationalize, ignore and even deny anything that doesn't fit in with the core belief.

—Frantz Fanon

Introverts...may have strong social skills and enjoy parties and business meetings, but after a while wish they were home in their pajamas. They prefer to devote their social energies to close friends, colleagues, and family. They listen more than they talk, think before they speak, and often feel as if they express themselves better in writing than in conversation. They tend to dislike conflict. Many have a horror of small talk, but enjoy deep discussions.

—Susan Cain

Perhaps the greatest faculty our minds possess is the ability to cope with pain. Classic thinking teaches us of the four doors of the mind, which everyone moves through according to their need.

First is the door of sleep. Sleep offers us a retreat from the world and all its pain. Sleep marks passing time, giving us distance from the things that have hurt us. When a person is wounded they will often fall unconscious. Similarly, someone who hears traumatic news will often swoon or faint. This is the mind's way of protecting itself from pain by stepping through the first door.

Second is the door of forgetting. Some wounds are too deep to heal, or too deep to heal quickly. In addition, many memories are simply painful, and there is no healing to be done. The saying 'time heals all wounds' is false. Time heals most wounds. The rest are hidden behind this door.

Third is the door of madness. There are times when the mind is dealt such a blow it hides itself in insanity. While this may not seem beneficial, it is. There are times when reality is nothing but pain, and to escape that pain the mind must leave reality behind.

Last is the door of death. The final resort. Nothing can hurt us after we are dead, or so we have been told.

—Patrick Rothfuss

Noble deeds and hot baths are the best cures for depression.

—Dodie Smith

A wonderful fact to reflect upon, that every human creature is constituted to be that profound secret and mystery to every other.

—Charles Dickens

If you cut a thing up, of course it will smell. Hence, nothing raises such an infernal stink, at last, as human psychology.

—D. H. Lawrence

There is no psychiatrist in the world like a puppy licking your face.

—Ben Williams

Neurosis is no worse than a bad cold; you ache all over, and it's made you a mess, but you won't die from it.

—Mignon McLaughlin

Like all sciences and all valuations, the psychology of women has hitherto been considered only from the point of view of men.

—Karen Horney

Idleness is the parent of psychology.

—Friedrich Nietzsche

The emotional, sexual, and psychological stereotyping of females begins when the doctor says: It's a girl.

—Shirley Chisholm

Testing has ruled out A.D.D., A.D.H.D and autism. Turns out, your kid's an asshole.

—Chris Mann

The 'good' child may be frightened, and insecure, wanting only to please his parents by submitting to their will, while the 'bad' child may have a will of his own and genuine interests but ones which do not please the parents.

--Erich Fromm

I have seen infants who, at the age of only two months, had already developed real neuroses because of the way they had been handled by their mothers and fathers. The infants had absorbed their parents' anxieties like a blotter.

--Dr. Smiley Blanton

Insanity consists of building major structures upon foundations which do not exist.

--Norman Mailer

A baby born today stands roughly a 50-50 chance of keeping his father. This is the first generation of American kids who must face not the sad loss of fathers to death, but the far more brutal knowledge that, to their fathers, many other things are more important than they are.

--Maggie Gallagher

Psychology is the science of the intellects, characters and behavior of animals including man.

—Edward Thorndike

She is a beautiful piece of broken pottery, put back together by her own hands. And a critical world judges her cracks while missing the beauty of how she made herself whole again.

—J. M. Storm

At some level, it is adaptive to be reasonably anxious. According to Charles Darwin (who himself seems to have suffered from crippling agoraphobia that left him intermittently housebound for years after his voyage on the *Beagle*), species that experience an appropriate amount of fear increase their chances of survival. We anxious people are less likely to remove ourselves from the gene pool by, say, frolicking on the edges of cliffs or becoming fighter pilots.

--Scott Stossel

Without anxiety, little would be accomplished. The performance of athletes, entertainers, executives, artisans, and students would suffer; creativity would diminish; crops might not be planted. And we would all achieve that idyllic state long sought after in our fast-paced society of whiling away our lives under a shade tree. This would be as deadly for the species as nuclear war.

--David Barlow

Psychiatrists classify a person as neurotic if he suffers from his problems in living, and a psychotic if he makes others suffer.

--Thomas Szasz

The great question that has never been answered, and which I have not yet been able to answer, despite my thirty years of research into the feminine soul, is 'What does a woman want?'

—Sigmund Freud

Anatomy is destiny.

--Sigmund Freud

After a year in therapy, my psychiatrist said to me, 'Maybe life isn't for everyone.'

--Larry Brown

Man alone of all the creatures of the earth can change his own pattern. Man alone is the architect of his destiny. The greatest discovery in our generation is that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

--William James

Man is the only animal whose desires increase as they are fed; the only animal that is never satisfied.

--Henry George

Give me a dozen healthy infants, well-formed, and my own specified world to bring them up in and I'll guarantee to take any one at random and train him to become any type of specialist I might select—doctor, lawyer, artist, merchant chief and, yes, even beggarman and thief, regardless of his talents, penchants, tendencies, abilities, vocations, and race of his ancestors. I am going beyond the facts and I admit it, but so have the advocates of the contrary and they have been doing it for many thousands of years.

--John Broadus Watson

The examined life has always been pretty well confined to a privileged class.

--Edgar Z. Friedenberg

Many American men dislike women because they were dominated by them throughout childhood and early youth....The earliest recollections of the American boy, perhaps, are of holding up his hand in school and saying to a woman teacher, 'Miss Bessie, may I be excused?'

--David L. Cohn

Reinforcing a response produces an increase in the probability that the response will occur again.

--B. F. Skinner

Humor is an affirmation of dignity, a declaration of man's superiority to all that befalls him.

--R. Gary

What we most love and revere generally is determined by early associations.

--Oliver Wendell  
Holmes, Jr.

Behavioral psychology is the science of pulling habits out of rats.

--Dr. Douglas Busch

Watch what people are cynical about, and one can often discover what they lack.

--Harry Emerson Fosdick

With a good heredity, nature deals you a fine hand at cards; and with a good environment, you learn to play the hand well.

--Walter C. Alvarez

Every man has three characters—that which he exhibits, that which he has, and that which he thinks he has.

--Alphonse Karr

People who bite the hand that feeds them usually lick the boot that kicks them.

--Eric Hoffer

The diseases of the mind are more destructive than those of the body.

--Marcus Tullius Cicero

A tendency to self-destruction seems to be inherent in the overdeveloped human brain.

--A. T. W. Simeons

When a hundred men stand together, each of them loses his mind and gets another one.

--Friedrich Nietzsche

Habit is stronger than reason.

--George Santayana

There is no reality except the one contained within us. That is why so many people live such an unreal life. They take the images outside them for reality and never allow the world within to assert itself.

--Hermann Hesse

Humor—the ability to laugh at life—is right at the top, with love and communication, in the hierarchy of our needs. Humor has much to do with pain; it exaggerates the anxieties and absurdities we feel, so that we gain distance and, through laughter, relief.

--Sara Davidson

Within each one of us there is another whom we do not know. He speaks to us in dreams and tells us how differently *he* sees us from how *we* see ourselves. When we find ourselves in an insolubly difficult situation, this stranger in us can sometimes show us a light which is more suited than anything else to change our attitude fundamentally, namely just that attitude which has led us into the difficult situation.

--Carl G. Jung

Dreams are expressions not only of conflicts and repressed desires, but also of previous knowledge that one has learned, possibly many years before, and thinks he has forgotten. Even the unskilled person, if he takes the attitude that what his dreams tell him is not simply to be rejected as silly, may get occasional useful guidance from his dreams. And the person who has become skillful in the understanding of what he is saying to himself in his dreams can get from them, from time to time, marvelously valuable hints and insights into solutions to his problems.

--Rollo May

The central fire is desire, and all the powers of our being are given us to see, to fight for, and to win the object of our desire. Quench that fire and man turns to ashes.

--Basil W. Maturin

There are in life as many aspects as attitudes towards it; and aspects change with attitudes. At present we see life, generally speaking, in only a passive aspect because we bring only a passive attitude to bear upon it. Could we change our attitude, we should not only see life differently, but life itself would come to *be* different. Life would undergo a change of appearance because we ourselves had undergone a change in attitude.

--Katherine Mansfield

I have sometimes a queer mystical feeling as regards the attitude of people in general....Just as there are physical diseases, so there are diseases of feeling. In a little town like this I feel that on some days everyone goes about hating everyone else. Then something happens and good feeling comes back. I think the whole of mankind must be like that.

--Sherwood Anderson

We awaken in others the same attitude of mind we hold toward them.

--Elbert Hubbard

In the crowd, herd, or gang, it is a mass-mind that operates—which is to say, a mind without subtlety, a mind without compassion, a mind, finally, uncivilized.

--Robert Lindner

Rejection is a form of self-assertion. You have only to look back upon yourself as a person who hates this or that to discover what it is that you secretly love.

--George Santayana

If men as individuals surrender to the call of their elementary instincts, avoiding pain and seeking satisfaction only for their own selves, the result for them all taken together must be a state of insecurity, of fear, and of promiscuous misery.

--Albert Einstein

No one is more profoundly sad than he who laughs too much.

--Jean Paul Richter

The mistake which is commonly made about neurotics is to suppose that they are interesting. It is not interesting to be always unhappy, engrossed with oneself, ungrateful and malignant, and never quite in touch with reality.

--Cyril Connolly

If you be sick, your own thoughts make you sick.

--Ben Jonson

The bow too tensely strung is easily broken.

--Publius Syrus

The important and decisive factor in life is not what happens to us, but the attitude we take toward what happens. The surest revelation of one's character is the way one bears one's suffering. Circumstances and situations may color life, but by the grace of God, we have been given the power to choose what that color shall be. The effect that misfortune, handicap, sickness, and sorrow have upon life is determined by the way in which we meet them.

--Charles R. Woodson

Castles in the air are all right until we try to move into them.

--Unknown

We always long for forbidden things, and desire what is denied us.

--Rabelais

Look into the depths of your own soul and learn first to know yourself, then you will understand why this illness was bound to come upon you and perhaps you will thenceforth avoid falling ill.

--Sigmund Freud

To have known how to change the past into a few saddened smiles—is this not to master the future?

--Maurice Maeterlinck

Every life is, more or less, a ruin among whose debris we have to discover what the person ought to have been.

--Jose Ortega y Gasset

Man is tied to the weight of his own past, and even by a great therapeutic labor little more can be accomplished than a shifting of the burden.

--Philip Rieff

Let us not seek our disease out of ourselves; 'tis in us, and planted in our bowels; and the mere fact that we do not perceive ourselves to be sick, renders us more hard to be cured.

--Seneca

The unexamined life is not worth living.

--Socrates

I wished, by treating Psychology *like* a natural science, to help her to become one.

--William James

Fortunately (psycho)analysis is not the only way to resolve inner conflicts. Life itself still remains a very effective therapist.

--Karen Horney

Physiological experiment on animals is justifiable for real investigation, but not for mere damnable and detestable curiosity.

--Charles Robert Darwin

The child is father of the man.

--William Wordsworth

The poets and philosophers before me discovered the unconscious; what I discovered was the scientific method by which the unconscious can be studied.

--Sigmund Freud

The psychic development of the individual is a short repetition of the course of development of the race.

--Sigmund Freud

One of the most serious problems confronting psychology is that of connecting itself with life....Theory that does not somehow affect life has no value.

--Lewis Madison Terman

Our greatest foes, and whom we must chiefly combat, are within.

--Miguel de Cervantes

Emotion turning back on itself, and not leading on to thought or action, is the element of madness.

--John Sterling

It is with disease of the mind, as with those of the body; we are half dead before we understand our disorder, and half cured when we do.

--Charles Caleb Colton

Loneliness is and always has been the central and inevitable experience of every man.

--Thomas Wolfe

The dignity of man lies in his ability to face reality in all its meaninglessness.

--Martin Esslin

Heredity is nothing but stored environment.

--Luther Burbank

Psychiatrists today...see the irrational hostility that people everywhere vent upon one another as chiefly projected self-hate.

--Bonaro Overstreet

Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.

--Arthur Somers Roche

Passionate hatred can give meaning and purpose to an empty life. Thus people haunted by the purposelessness of their lives try to find a new content not only by dedicating themselves to a holy cause but also by nursing a fanatical grievance.

--Eric Hoffer

For the rational, psychologically healthy man, the desire for pleasure is the desire to celebrate his control over reality.

For the neurotic, the desire for pleasure is the desire to escape from reality.

--Nathaniel Branden

There is a difference between a psychopath and a neurotic. A psychopath thinks two and two are five. A neurotic knows that two and two are four, but he worries about it.

--Unknown

Everything great in the world comes from neurotics. They alone have founded our religions, and composed our masterpieces. Never will the world know all it owes to them, nor all they have suffered to enrich us.

--Marcel Proust

Neurotic means he is not as sensible as I am, and psychotic means he's even worse than my brother-in-law.

--Karl Menninger

Anxiety is essential to the human condition. The confrontation with anxiety can relieve us from boredom, sharpen the sensitivity and assure the presence of tension that is necessary to preserve human existence.

--Rollo May

People can alter their lives by altering their attitudes.

--William James

Whoever be the individuals that compose it, however like or unlike be their mode of life, their occupations, their character, or their intelligence, the fact that they have been transformed into a crowd puts them into possession of a sort of collective mind which makes them think, feel, and act in a manner quite different from that in which each individual of them would think, feel and act were he in a state of isolation.

--Gustave Le Bon

Defiance is a typical part of adolescence, so putting teenagers in jail for swearing or refusing to follow an order is akin to arresting a 2-year-old for having a meltdown at the grocery store. It essentially outlaws the human condition.

—Amanda Ripley

The individual forming part of a crowd acquires solely from numerical considerations a sentiment of invincible power allowing him to yield to instincts which, had he been alone, he would perforce have kept under restraint. He will be the less disposed to check himself from the consideration that, a crowd being anonymous and in consequence irresponsible, the sentiment of responsibility which always controls individuals disappears entirely.

--Gustave Le Bon

All organizations recapitulate the basic family structure....Our earliest experiences with our parents are repeated in our subsequent relationships with authority. Early family life determines our assumptions of how power is distributed, and as we grow up we form groups on the same model.

--Harry Levinson

Sanity is very rare; every man almost, and every woman, has a dash of madness.

--Ralph Waldo Emerson

When we remember that we are all mad, the mysteries disappear and life stands explained.

--Mark Twain

Madness is part of all of us, all the time, and it comes and goes, waxes and wanes.

--Otto Friedrich

A man should not strive to eliminate his complexes, but to get into accord with them: they are legitimately what directs his conduct in the world.

--Sigmund Freud

Psychiatry enables us to correct our faults by confessing our parents' shortcomings.

--Laurence J. Peter

I can feel guilty about the past, apprehensive about the future, but only in the present can I act. The ability to be in the present moment is a major component of mental wellness.

--Abraham Maslow

Once a man would spend a week patiently waiting if he missed a stage coach, but now he rages if he misses the first section of a revolving door.

--Simeon Strunsky

Among the smaller duties in life, I hardly know any one more important than that of not praising when praise is not due.

--Sydney Smith

Once in a century a man may be ruined or made insufferable by praise. But surely once a minute something generous dies for want of it.

--John Masefield

When people are free to do as they please, they usually imitate each other. Originality is deliberate and forced, and partakes of the nature of a protest.

--Eric Hoffer

Happiness, or misery, is in the mind. It is the mind that lives.

--William Cobbett

Neurosis seems to be a human privilege.

--Sigmund Freud

The mind is its own place, and in itself,  
Can make a Heaven of Hell, a Hell of Heaven.

--John Milton

Among all the diseases of the mind there is not one more epidemical or more pernicious than the love of flattery.

--Richard Steele

Psychology is the science of predicting how people behave—and explaining why they don't.

--Unknown

Give me a child and I'll shape him into anything.

--B. F. Skinner

There is no importance in anything save the emotions.

--William Carlos  
Williams

Everybody is his own best physician when it comes to behavior.

--Hans Selye

All of us are crazy in one or another way.

--Theodore Isaac Rubin

I am what I am. To look for reasons is beside the point.

--Joan Didion

Roses are red, violets are blue,  
I'm a schizophrenic, and so am I.

--Frank Crow

People who have a low self-esteem...have a tendency to cling to their own sex  
because it is less frightening.

--Clara Thompson

Anybody who is 25 or 30 years old has physical scars from all sorts of things, from  
tuberculosis to polio. It's the same with the mind.

--Moses R. Kaufman

We do not understand the psychology of women because women have not articulat-  
ed their experience.

--Karen Horney

Psychiatry: The care of the id by the odd.

--Unknown

You go to a psychiatrist when you're slightly cracked and keep going until you're  
completely broke.

--Unknown

A psychiatrist is a man who goes to the Follies Bergère and looks at the audience.

--Dr. Mervyn Stockwood

It is one of the secrets of Nature in its mood of mockery that fine weather lays heav-  
ier weight on the mind and hearts of the depressed and the inwardly tormented  
than does a really bad day with dark rain sniveling continuously and sympatheti-  
cally from a dirty sky.

--Muriel Spark

Space flights are merely an escape, a fleeing away from one-self, because it is easier to go to Mars or to the moon than it is to penetrate one's being.

--Carl G. Jung

In our play we reveal what kind of people we are.

--Ovid

Mental health depends upon the maintenance of a balance within the personality between the basic human urges and egocentric wishes on the one hand and the demands on conscience and society on the other hand.

--Selma H. Fraiberg

Poets like Shakespeare knew more about psychiatry than any \$25-an-hour man.

--Robert Frost

Scratch a fanatic and you find a wound that never healed.

--William North Jayme

The deep emotional layers of our personality simply do not register the fact that the cocking of a forefinger to release a shot tears the entrails of another man.

--Konrad Lorenz

Hate is a prolonged form of suicide.

--Douglas V. Steere

The experience and behavior that gets labelled schizophrenic is a special strategy that a person invents in order to live in an unlivable situation.

--R. D. Laing

Here I sit—mad as the Hatter—with nothing to do but either become madder and madder or else recover enough of my sanity to be allowed to go back to the life which drove me mad.

--Lara Jefferson

At bottom we discover nothing new in the mentally ill; rather we encounter the substratum of our own nature.

--Carl G. Jung

Psychoanalysts love their insights. They are like gifts they give to themselves.

--Dr. David S. Viscott

Why should I tolerate a perfect stranger at the bedside of my mind?

--Vladimir Nabokov

Psychology is justified by its problems, not by its answers.

--Donald Campbell

Sometimes a cigar is just a cigar.

--Sigmund Freud

Though estimates vary statistically, about one in every three people is troubled. I'd like each of you to think of your two closest friends. If they both seem all right to you—well, then you're the one.

--Edward Conolley

Our culture peculiarly honors the act of blaming, which it takes as the sign of virtue and intellect.

--Lionel Trilling

The environmentalists seem to believe that if cats gave birth to kittens in a stove, the offspring would be biscuits.

--Abraham Myerson

The diseases of the mind are more destructive than those of the body.

--Marcus Tullius Cicero

You can exert no influence if you are not susceptible to influence.

--Carl G. Jung

The more 'modern' a society's way of life, the higher its rate of depression. It may seem baffling, but the explanation is simple: the human body was never designed for the modern postindustrial environment.

--Stephen Ilardi

Our hearing has evolved to attend to and analyze changes in the complex acoustical patterns of nature, like those of forests, running water, rain, and wind. Evolution did not prepare us to endure the kinds of man-made sounds that pervade our cities and lives today. Noise strongly affects our emotions, nervous systems, and physiology.

--Dr. Andrew Weil

Sex addiction isn't really about sex. It's about 'being wanted.'

--Robert Weiss

[For sex addiction.] 'I matter right now. In this moment, I am loved.'

--Steven Luff

Only those who are capable of silliness can be called truly intelligent.

--Christopher Isherwood

What's with this sudden choice of disorders we get right now? When I was a kid, we just had crazy people. That's it, just crazy people.

--Ellen DeGeneres

Often the source of human conflict isn't different moral systems but rather a kind of naturally unbalanced perspective....Princeton and Dartmouth students, after watching a particularly rough Princeton-Dartmouth football game, reached sharply different conclusions about which side had played dirtier. Was the problem here a yawning gap between the value systems prevailing at Princeton and Dartmouth...? No, the problem was that both groups consisted of human beings. As such, they suffered from a deep bias—a tendency to overestimate their team's virtue, magnify their grievances, and do the reverse with their rivals. This bias seems to have been built into our species by natural selection—at least, that's the consensus among evolutionary psychologists....This is the way the brain works: you forget your sins (or never recognize them in the first place) and remember your grievances.

--Robert Wright

To hate and to fear is to be psychologically ill ... it is, in fact, the consuming illness of our time.

--H. A. Overstreet

Historical evidence suggests that anxiety can be allied to artistic and creative genius. The literary gifts of Emily Dickinson, for example, were inextricably bound up with her reclusiveness, which some say was a product of anxiety. (She was completely housebound after age 40.) Franz Kafka yoked his neurotic sensibility to his artistic sensibility; Woody Allen has done the same. Jerome Kagan, an eminent Harvard psychologist who has spent more than 50 years studying human temperament, argues that T. S. Eliot's anxiety and 'high reactive' physiology helped make him a great poet. Eliot was, Kagan observes, a 'shy, cautious, sensitive child'—but because he also had a supportive family, good schooling, and 'unusual verbal abilities,' Eliot was able to 'exploit his temperamental preference for an introverted, solitary life.

--Scott Stossel

Exceptional creativity is often linked to psychopathology; it may be that the same cognitive or neurobiological mechanisms that predispose certain people to developing anxiety disorders also enhance creative thinking.

--Dean Simonton

I hire only people with high-reactive temperaments as research assistants. They're compulsive; they don't make errors.

--Jerome Kagan

A 2013 study in the *Academy of Management Journal*...found that neurotics contribute more to group projects than co-workers, while extroverts contribute less. And in 2005, researchers in the United Kingdom published a paper, 'Can Worriers be Winners?,' reporting that financial managers high in anxiety tended to be the best, most effective money managers, as long as their worrying was accompanied by a high IQ.

--Scott Stossel

Fifty years of empirical research in personality psychology have resulted in a scientific consensus regarding the most basic dimensions of human variability. There are countless ways to differentiate one person from the next, but psychological scientists have settled on a relatively simple taxonomy, known widely as the Big Five:  
*Extroversion*: gregariousness, social dominance, enthusiasm, reward-seeking behavior

*Neuroticism*: anxiety, emotional instability, depressive tendencies, negative emotions

*Conscientiousness*: industriousness, discipline, rule abidance, organization

*Agreeableness*: warmth, care for others, altruism, compassion, modesty

*Openness*: curiosity, unconventionality, imagination, receptivity to new ideas

—Dan P. McAdams

The warrior's greatest gifts are courage, discipline, and skill; his central life task is to fight for what matters; his typical response to a problem is to slay it or otherwise defeat it; his greatest fear is weakness or impotence. The greatest risk for the warrior is that he incites gratuitous violence in others, and brings it upon himself.

—Carl Jung

Madness need not be all breakdown. It may also be break-through. It is potential liberation and renewal as well as enslavement and existential death.

--R. D. Laing

In so far as the mind is stronger than the body, so are the ills contracted by the mind more severe than those contracted by the body.

--Marcus Tullius Cicero

The Dunning-Kruger effect: the tendency for some people to substantially overestimate their abilities. The less competent people are, the more they overestimate their abilities.

--Katty Kay and Claire Shipman

Fear doesn't exist anywhere except in the mind.

--Dale Carnegie

The world doesn't fit any system because human psychology is so infinitely complex.

—Leo Tolstoy

You largely constructed your depression. It wasn't given to you. Therefore, you can deconstruct it.

—Albert Ellis

I spent four years in college. I didn't learn a thing. It was really my own fault. I had a double major in psychology and reverse psychology.

—B. J. Novak

Such being the nature of mental life, the business of psychology is primarily to describe in detail the various forms which attention or conation assumes upon the different levels of that life.

—Samuel Alexander

Psychology is the rigorous scientific study of mental functions and behaviors by people who chose the easiest major.

—*TL;DR Wikipedia*

DSM-IV is a psychology reference work used to diagnose oneself with every condition in DSM-IV.

—*TL;DR Wikipedia*

Schizophrenia beats dining alone.

—Oscar Levant

I have an inferiority complex; it's just not a very good one.

—Steven Wright

A psychiatrist is a fellow who asks you a lot of expensive questions your wife asks for nothing.

—Joey Adams

Children are completely egoistic; they feel their needs intensely and strive ruthlessly to satisfy them.

—Sigmund Freud

Intuition does not in itself amount to knowledge, yet cannot be disregarded by philosophers and psychologists.

—Corliss Lamont

New research is confirming and expanding an idea long held by those who work with dementia patients: Music can not only improve the mood of people with neurological diseases, it can boost cognitive skills and reduce the need for antipsychotic drugs.

—Mary Ellen Geist

Music therapists who work with Alzheimer's patients describe seeing people 'wake up' when the sounds of loved and familiar music fills their heads. Often, after months or even years of not speaking at all, they begin to talk again, become more social and seem more engaged by their surroundings. Some begin to remember names long forgotten. Some even do what Alzheimer's patients often cannot do as their disease worsens: They remember who they are.

—Mary Ellen Geist

To the psychologist the mind of the child still gives an impression of appalling chaos.

—Jean Piaget

I hate being bi-polar. It's awesome.

—T-Shirt Slogan

Everyone is a moon and has a dark side which he never shows to anybody.

—Mark Twain

To the man who only has a hammer in the toolkit, every problem looks like a nail.

—Abraham Maslow

Today's neurodiversity movement, which argues that autism is not essentially a disability, but, rather, a variant of human brain wiring that merits respect, and even celebration, has led to posthumous claims of autistic identity for the likes of Leonardo da Vinci, Isaac Newton and Thomas Jefferson.

—John Donvan & Caren  
Zucker

If you are still being hurt by an event that happened to you at twelve, it is the thought that is hurting you now.

—James Hillman

The proper study of Mankind is Man.

—Alexander Pope

We can never arrive at the real nature of things from the outside. However much we investigate, we can never reach anything but images and names. We are like a man who goes round a castle seeking in vain for an entrance and sometimes sketching the facades.

—Arthur Schopenhauer

Psychologists often assume that there is a special cognitive ability—a psychological secret sauce—that makes humans different from other animals. The list of candidates is long: tool use, cultural transmission, the ability to imagine the future or to understand other minds, and so on. But every one of these abilities shows up in at least some other species in at least some form. [Frans] De Waal points out various examples, and there are many more. New Caledonian crows make elaborate tools, shaping branches into pointed, barbed termite-extraction devices. A few Japanese macaques learned to wash sweet potatoes and even to dip them in the sea to make them more salty, and passed that technique on to subsequent generations. Western scrub jays 'cache'—they hide food for later use—and studies have shown that they anticipate what they will need in the future, rather than acting on what they need now.

—Alison Gopnik

I suppose it is much more comfortable to be mad and not know it than to be sane and have one's doubts.

—George Brown Burgin

The deepest principle in human nature is the craving to be appreciated.

—William James

Fortunately [psychoanalysis] is not the only way to resolve inner conflicts. Life itself still remains a very effective therapist.

—Karen Horney

O' What may man within him hide, though angel on the outward side!

—William Shakespeare

Studies have found that, compared with the intelligent, less intelligent people are more likely to suffer from some types of mental illness, become obese, develop heart disease, experience permanent brain damage from a traumatic injury, and end up in prison, where they are more likely than other inmates to be drawn to violence. They're also likely to die sooner.

—David H. Freedman

When emotionally upset, people cannot remember, attend, learn, or make decisions clearly. As one management consultant put it, 'stress makes people stupid.'

---Daniel Goleman

Freud is the father of psychoanalysis. It has no mother.

—Germaine Greer

The deepest personal defeat suffered by human beings is constituted by the difference between what one was capable of becoming and what one has in fact become.

--Ashley Montagu

Anyone who's been through middle school might agree that 'reputational aggression'—aka vicious gossip, or even verbal abuse—seems to play a role in the status struggles of teenagers. Using data from North Carolina high schools, Robert Faris uncovered a pattern showing that, contrary to the stereotype of high-status kids victimizing low-status ones, most aggression is local: kids tend to target kids close to them on the social ladder. And the higher one rises on that ladder, the more frequent the acts of aggression—until, near the very top, aggression ceases almost completely. Why? Kids with nowhere left to climb, Faris posits, have no more use for it. Indeed, the star athlete who demeaned the mild mathlete might come off as insecure. 'In some ways,' Faris muses, 'these people have the luxury of being kind. Their social positions are not in jeopardy.'

—Jerry Useem

Our present-day knowledge of the child's mind is comparable to the fifteenth-century map of the world—a mixture of truth and error. Vast areas remain to be explored.

—Arnold Gesell

Psychologically, the senior-high-school pupil has emerged from the crisis of adolescence either as victor or as vanquished. In the crisis, he has either lost or gained a great deal of confidence in himself and others. He may have given up his creative attempts to may have gained new vigor and new vision. In either instance, however, he is a new creature. He is almost an adult, who must be treated as such and from whom much should be expected with due consideration for his personality, which is by now fairly well-established.

--Italo de Franceso

How sad that physics is viewed as more important than psychology and human development [in high school], as parents struggle to raise children wisely and families work hard to understand one another.

—Grant Wiggins

The child who knows how to get around his parents doesn't need a child psychologist—he is one.

--Unknown

There is an anecdote passed around in psychoanalytical circles, about a boy who for no apparent reason reached the age of six without ever speaking. One night he suddenly said, 'Please pass the mashed potatoes.' The boy had never spoken before because his mother had always met every one of his needs without him saying a word. This is the epitome of the too-good mother.

--Elyse Zorn Karlin

Ambivalence reaches the level of schizophrenia in our treatment of violence among the young. Parents do not encourage violence, but neither do they take up arms against the industries which encourage it. Parents hide their eyes from the books and comics, slasher films, videos and lyrics which form the texture of an adolescent culture. While all successful societies have inhibited instinct, ours encourages it. Or at least we profess ourselves powerless to interfere with it.

--C. John Sommerville

If you are not willing to lose all the labour you have been at to break the will of your child, to bring his will into subjection to yours that it may be afterward subject to the will of God, there is one advice which, though little known, should be particularly attended...It is this; never, on any account, give a child anything that it cries for....If you give a child what he cries for, you pay him for crying: and then he will certainly cry again.

--John Welsley

Certainly, words can be as abusive as any blow....When a three-year-old yells, 'You're so stupid! What a dummy!' it doesn't carry the same weight as when a mother yells those words to a child....Even if you don't physically abuse young children, you can still drive them nuts with your words.

--Mary Kay Blakely

The child to be concerned about is the one who is actively unhappy (in school)....In the long run, a child's emotional development has a far greater impact on his life than his school performance or the curriculum's richness, so it is wise to do everything possible to change a situation in which a child is suffering excessively.

--Dorothy H. Cohen

People with dissociative disorders are like actors trapped in a variety of roles. They have difficulty integrating their memories, their sense of identity and aspects of their consciousness into a continuous whole. They find many parts of their experience alien, as if belonging to someone else. They cannot remember or make sense of parts of their past.

—David Spiegel

I broke up with this girl, and they put me with a psychiatrist who said, 'Why did you get so depressed, and do all those things you did?' I said, 'I wanted this girl and she left me.'

And he said, 'Well, we have to look into that.'

And I said, 'There's nothing to look into! I wanted her and she left me.' And he said, 'Well, why are you feeling so intense?'

And I said, 'Cause I want the girl!' And he said, 'What's underneath it?' And I said, 'Nothing!'

He said, 'I'll have to give you medication.'

I said, 'I don't want medication! I want the girl!'

And he said, 'We have to work this through.'

So, I took a fire extinguisher from the casement and struck him across the back of his neck. And before I knew it, guys from Con Ed had jumper cables in my head and the rest was...

—Woody Allen

Children who have been taught, or conditioned, to listen passively most of the day to the warm verbal communications coming from the TV screen, to the deep emotional appeal of the so-called TV personality, are often unable to respond to real persons because they arouse so much less feeling than the skilled actor.

--Bruno Bettelheim

Given the guilt and shame involved, gambling addiction frequently progresses to a profound despair. The National Council on Problem Gambling estimates that one in five gambling addicts attempts suicide—the highest rate among addicts of any kind. There are no accurate figures for suicides related to gambling problems, but there are ample anecdotes: the police officer who shot himself in the head at a Detroit casino; the accountant who jumped to his death from a London skyscraper in despair over his online-gambling addiction; the 24-year-old student who killed himself in Las Vegas after losing his financial-aid money to gambling.

—John Rosengren

When the psychologist Kay Redfield Jamison looked at 47 famous writers and artists in Great Britain, she found that more than 38 percent had been treated for a mood disorder; the highest rates occurred among playwrights, and the second-highest among poets. When Joseph Schildkraut, a psychiatrist at Harvard Medical School, studied a group of 15 abstract-expressionist painters in the mid-20th century, he found that half of them had some form of mental illness, mostly depression or bipolar disorder; nearly half of these artists failed to live past age 60.

--Nancy C. Andreasen

A library is a hospital for the mind.

—Unknown

In 2013, Oxford University researchers forecast that machines might be able to perform half of all U.S. jobs in the next two decades. The projection was audacious, but in at least a few cases, it probably didn't go far enough. For example, the authors named psychologist as one of the occupations least likely to be 'computerisable.' But some research suggests that people are more honest in therapy sessions when they believe they are confessing their troubles to a computer, because a machine can't pass moral judgment. Google and WebMD already may be answering questions once reserved for one's therapist. This doesn't prove that psychologists are going the way of the textile worker. Rather, it shows how easily computers can encroach on areas previously considered 'for humans only.'

—Derek Thompson

I succeeded at math, at least by the usual evaluation criteria: grades. Yet while I might have earned top marks in geometry and algebra, I was merely following memorized rules, plugging in numbers and dutifully crunching out answers by rote, with no real grasp of the significance of what I was doing or its usefulness in solving real-world problems. Worse, I knew the depth of my own ignorance, and I lived in fear that my lack of comprehension would be discovered and I would be exposed as an academic fraud -- psychologists call this 'impostor syndrome.'

—Jennifer Ouellette

There is no feeling, except the extremes of fear and grief, that does not find relief in music.

--George Eliot

Those who have been eminent in philosophy, politics, poetry, and the arts have all had tendencies toward melancholia.

—Aristotle

It is a characteristic of all movements and crusades that the psychopathic element rises to the top.

--Robert Lindner

If a psychiatric and scientific inquiry were to be made upon our rulers, mankind would be appalled at the disclosures.

—Alfred Korzybski

The old chestnut about women being more emotional than men has been forever destroyed by the evidence of the two world wars. Women under blockade, bombardment, concentration-camp conditions survive them vastly more successfully than men. The psychiatric casualties of populations under such conditions are mostly masculine.

--Ashley Montague

Mental health data from the 1950's on middle-aged women showed them to be a particularly distressed group, vulnerable to depression and feelings of uselessness. This isn't surprising. If society tells you that your main role is to be attractive to men and you are getting crow's feet, and to be a mother to children and yours are leaving home, no wonder you are distressed.

--Grace Baruch, Rosalind  
Barnett, and Caryl  
Rivers

Combining paid employment with marriage and motherhood creates safeguards for emotional well-being. Nothing is certain in life, but generally the chances of happiness are greater if one has multiple areas of interest and involvement. To juggle is to diminish the risk of depression, anxiety, and unhappiness.

--Faye J. Crosby

Psychological research hints that people of both sexes may feel more comfortable with ambitious older women than with ambitious younger ones.

—Liza Mundy

If we confine ourselves to one life role, no matter how pleasant it seems at first, we starve emotionally and psychologically. We need a change and balance in our daily lives. We need sometimes to dress up and sometimes to lie around in torn jeans....Even a grimy factory can afford some relief from a grimy kitchen and vice versa.

--Faye J. Crosby

A disruption of the circadian cycle—the metabolic and glandular rhythms that are central to our workaday life—seems to be involved in many, if not most, cases of depression; this is why brutal insomnia so often occurs and is most likely why each day's pattern of distress exhibits fairly predictable alternating periods of intensity and relief.

—William Styron

In Cornell's math Ph.D. program there's a particular course during which the going inevitably gets tough. Male students typically recognize the hurdle for what it is, and respond to their lower grades by saying, 'Wow, this is a tough class.' That's what's known as external attribution, and in a situation like this, it's usually a healthy sign of resilience. Women tend to respond differently. When the course gets hard, their reaction is more likely to be 'You see, I knew I wasn't good enough.' That's internal attribution, and it can be debilitating.

--Katty Kay and Claire Shipman

It's easier for young girls than for young boys to behave: As is well established, they start elementary school with a developmental edge in some key areas. They have longer attention spans, more-advanced verbal and fine-motor skills, and greater social adeptness. They generally don't charge through the halls like wild animals, or get into fights during recess. Soon they learn that they are most valuable, and most in favor, when they do things the right way: neatly and quietly.

--Katty Kay and Claire Shipman

Most women are introspective: 'Am I in love? Am I emotionally and creatively fulfilled?' Most men are extrospective: 'Did my team win? How's my car?'

—Rita Rudner

Girls seem to be more easily socialized. They get a lot of praise for being perfect says Carol Dweck. In turn, they begin to crave the approval they get for being good. There's certainly no harm intended by overworked, overstressed teachers (or parents). Who doesn't want a kid who works hard and doesn't cause a lot of trouble?

--Katty Kay and Claire Shipman

Inside every woman, is a crazy girl. And we all know what I'm talking about. That part of you that is entangled with insecurities, fears, and absolute insanity! The art of femininity lies in the molding, pounding, and defeating of that crazy girl on a daily basis! Look at any woman, and you're looking at a woman fighting a daily battle, wielding her weapons in war, every day! I have said it before and I'll say it again: it is never easy being a woman! And if we could only pound that crazy, insecure girl out of ourselves, it would make such the difference!

—C. JoyBell C.

The Web fosters our obsessions, dependence, and stress reactions. It encourages—and even promotes—insanity.

--Larry Rosen

The core gay experience throughout history has been displacement, a sense of belonging and yet not belonging. Gays are born mostly into heterosexual families and discover as they grow up that, for some reason, they will never be able to have a marriage like their parents' or their siblings'. They know this before they can tell anyone else, even their parents. This sense of subtle alienation—of loving your own family while feeling excluded from it—is something all gay children learn. They sense something inchoate, a separateness from their peers, a subtle estrangement from their families, the first sharp pangs of shame.

--Andrew Sullivan

It seems to me that psychology is only another word for what the ancients called fate.

—Donna Tartt

In my experience, the more people have, the less likely they are to be contented. Indeed, there is abundant evidence that depression is a 'disease of affluence,' a disorder of modern life in the industrialized world. People who live in poorer countries have a lower risk of depression than those in industrialized nations. In general, countries with lifestyles that are furthest removed from modern standards have the lowest rates of depression.

--Dr. Andrew Weil

While having money doesn't necessarily make anybody anything, the rich are way more likely to prioritize their own self-interests above the interests of other people. They are more likely to exhibit characteristics that we would stereotypically associate with, say, assholes.

--Paul Piff

I work with people who make \$10 million and \$20 million a year, and if they lose a job [paying that much] and realize they may never make that much again, they have to come to terms with that. Their expectations and their sense of entitlement is so great, they cannot bear an inferior position. They are extremely capable and bright, but they suffer from emptiness and fall into depression, substance abuse. They fail to understand what it truly means to be a soulful person.

--Christopher Bayer

Envy is the ulcer of the soul.

—Socrates

Money is the last enemy that shall never be subdued. While there is flesh there is money or the want of money, but money is always on the brain so long as there is a brain in reasonable order.

—Samuel Butler

Some economists attribute the need for credit and the drive to spend with the 'keeping up with the Joneses' syndrome, which is so prevalent in America. I never wanted to keep up with the Joneses. But, like many Americans, I wanted my children to keep up with the Joneses' children, because I knew how easily my girls could be marginalized in a society where nearly all the rewards go to a small, well-educated elite.

—Neal Gabler

Financial insecurity is associated with depression, anxiety, and a loss of personal control that leads to marital difficulties.

—Brad Klontz

Cognitive psychology tells us that the unaided human mind is vulnerable to many fallacies and illusions because of its reliance on its memory for vivid anecdotes rather than systematic statistics.

—Steven Pinker

Just as the science and art of agriculture depend upon chemistry and botany, so the art of education depends upon physiology and psychology.

—Edward Thorndike

Maybe one of the most heartening findings from the psychology of pleasure is there's more to looking good than your physical appearance. If you like somebody, they look better to you. This is why spouses in happy marriages tend to think that their husband or wife looks much better than anyone else thinks that they do.

—Paul Bloom

A vigorous five mile walk will do more good for an unhappy, but otherwise healthy adult than all the medicine and psychology in the world.

—Paul Dudley White

A Freudian slip is when you say one thing but mean your mother.

—Unknown

Depressed people think they know themselves, but maybe they only know depression.

—Mark Epstein

My doctor said I had OCD. I couldn't believe it. I had to call him nine times to make sure.

—Judy Gold

I grant that Freud was one of the most ingenious men who ever lived, but I have no more use for his system than I have for Paley's watch—a metaphor for the universe, wound up in the beginning, then ticking away for billions of years.

—Saul Bellow

Neurosis is always a substitute for legitimate suffering.

—Carl Jung

The aim of psychoanalysis is to relieve people of their neurotic unhappiness so that they can be normally unhappy.

—Sigmund Freud

If you just set people in motion they'll heal themselves.

—Gabrielle Roth

Words are the physicians of a mind diseased.

—Aeschylus

I was seized by the stern hand of Compulsion, that dark, unseasonable Urge that impels women to clean house in the middle of the night.

—James Thurber

Psychology keeps trying to vindicate human nature. History keeps undermining the effort.

—Mason Cooley

There are now electrical appliances with the main unit so sealed in that it cannot be got at for repair. There have always been human beings like that.

—Mignon McLaughlin

Perception is a clash of mind and eye, the eye believing what it sees, the mind seeing what it believes.

—Robert Brault

Work cure is the best of all psychotherapy, in my opinion.... As well might we expect a patient to recover without food as to recover without work.... The sound man needs work to keep him sound, but the nervous invalid has an even greater need of work to draw him out of his isolation, and to stop the miseries of doubt and self-scrutiny, to win back self-respect and the support of fellowship.

—Richard C. Cabot

A wonderful discovery, psychoanalysis. Makes quite simple people feel they're complex.

—S. N. Behrman

It seems a pity that psychology has destroyed all our knowledge of human nature.

—G. K. Chesterton

A neurotic is a man who builds a castle in the air. A psychotic is the man who lives in it. A psychiatrist is the man who collects the rent.

—Jerome Lawrence

Depression is rage spread thin.

—George Santayana

The purpose of psychology is to give us a completely different idea of the things we know best.

—Paul Valéry

A lot of what passes for depression these days is nothing more than a body saying that it needs work.

—Geoffrey Norman

The pendulum of the mind oscillates between sense and nonsense, not between right and wrong.

--Carl G. Jung

A person who has not been completely alienated, who has remained sensitive and able to feel, who has not lost the sense of dignity, who is not yet 'for sale', who can still suffer over the suffering of others, who has not acquired fully the having mode of existence - briefly, a person who has remained a person and not become a thing - cannot help feeling lonely, powerless, isolated in present-day society. He cannot help doubting himself and his own convictions, if not his sanity. He cannot help suffering, even though he can experience moments of joy and clarity that are absent in the life of his 'normal' contemporaries. Not rarely will he suffer from neurosis that results from the situation of a sane man living in an insane society, rather than that of the more conventional neurosis of a sick man trying to adapt himself to a sick society. In the process of going further in his analysis, i.e. of growing to greater independence and productivity, his neurotic symptoms will cure themselves.

—Erich Fromm

I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail.

—Abraham H. Maslow

Every man takes the limits of his own field of vision for the limits of the world.

—Arthur Schopenhauer

We can't win against obsession. They care, we don't. They win.

—Douglas Adams

Imagine a society that subjects people to conditions that make them terribly unhappy then gives them the drugs to take away their unhappiness. Science fiction. It is already happening to some extent in our own society. Instead of removing the conditions that make people depressed, modern society gives them antidepressant drugs. In effect antidepressants are a means of modifying an individual's internal state in such a way as to enable him to tolerate social conditions that he would otherwise find intolerable.

—Theodore J. Kaczynski

All I know is this: nobody's very big in the first place, and it looks to me like everybody spends their whole life tearing everybody else down.

—Ken Kesey

The human mind is not a terribly logical or consistent place.

—Jim Butcher

Religion is an attempt to get control over the sensory world, in which we are placed, by means of the wish-world, which we have developed inside us as a result of biological and psychological necessities. But it cannot achieve its end. Its doctrines carry with them the stamp of the times in which they originated, the ignorant childhood days of the human race. Its consolations deserve no trust. Experience teaches us that the world is not a nursery. The ethical commands, to which religion seeks to lend its weight, require some other foundations instead, for human society cannot do without them, and it is dangerous to link up obedience to them with religious belief. If one attempts to assign to religion its place in man's evolution, it seems not so much to be a lasting acquisition, as a parallel to the neurosis which the civilized individual must pass through on his way from childhood to maturity.

—Sigmund Freud

Perhaps home is not a place but simply an irrevocable condition.

—James Baldwin

Our ability to adapt is amazing. Our ability to change isn't quite as spectacular.

—Lisa Lutz

I have frequently seen people become neurotic when they content themselves with inadequate or wrong answers to the questions of life. They seek position, marriage, reputation, outward success or money, and remain unhappy and neurotic even when they have attained what they were seeking. Such people are usually confined within too narrow a spiritual horizon. Their life has not sufficient content, sufficient meaning. If they are enabled to develop into more spacious personalities, the neurosis generally disappears.

—Carl G. Jung

The weather in England can really darken your spirits.

—Claire Forlani

If a person loves only one other person and is indifferent to all others, his love is not love but a symbiotic attachment, or an enlarged egotism.

—Erich Fromm

The conscious and intelligent manipulation of the organized habits and opinions of the masses is an important element in democratic society. Those who manipulate this unseen mechanism of society constitute an invisible government which is the true ruling power of our country. ...We are governed, our minds are molded, our tastes formed, our ideas suggested, largely by men we have never heard of. This is a logical result of the way in which our democratic society is organized. Vast numbers of human beings must cooperate in this manner if they are to live together as a smoothly functioning society. ...In almost every act of our daily lives, whether in the sphere of politics or business, in our social conduct or our ethical thinking, we are dominated by the relatively small number of persons...who understand the mental processes and social patterns of the masses. It is they who pull the wires which control the public mind.

—Edward L. Bernays

Man is many things, but he is not rational.

—Oscar Wilde

The main condition for the achievement of love is the overcoming of one's narcissism. The narcissistic orientation is one in which one experiences as real only that which exists within oneself, while the phenomena in the outside world have no reality in themselves, but are experienced only from the viewpoint of their being useful or dangerous to one. The opposite pole to narcissism is objectivity; it is the faculty to see other people and things as they are, objectively, and to be able to separate this objective picture from a picture which is formed by one's desires and fears.

—Erich Fromm

No one is willing to believe that adults too, like children, wander about this earth in a daze and, like children, do not know where they come from or where they are going, act as rarely as they do according to genuine motives, and are as thoroughly governed as they are by biscuits and cake and the rod.

—Johann Wolfgang von  
Goethe

Ultimate horror often paralyses memory in a merciful way.

—H. P. Lovecraft

We forget very easily what gives us pain.

—Graham Greene

Most of you guys can't see the potential in a nervous breakdown. A real collapse. There's more chance of finding yourself in a major depression than there is in a bottle Prozac.

—Keith Ablow

Monotony collapses time; novelty unfolds it. You can exercise daily and eat healthily and live a long life, while experiencing a short one. If you spend your life sitting in a cubicle and passing papers, one day is bound to blend unmemorably into the next - and disappear. That's why it's so important to change routines regularly, and take vacations to exotic locales, and have as many new experiences as possible that can serve to anchor our memories. Creating new memories stretches out psychological time, and lengthens our perception of our lives.

—Joshua Foer

The exaggerated dopamine sensitivity of the introvert leads one to believe that when in public, introverts, regardless of its validity, often feel to be the center of (unwanted) attention hence rarely craving attention. Extroverts, on the other hand, seem to never get enough attention. So on the flip side it seems as though the introvert is in a sense very external and the extrovert is in a sense very internal - the introvert constantly feels too much 'outerness' while the extrovert doesn't feel enough 'outerness'.

—Criss Jami

Science is opposed to theological dogmas because science is founded on fact. To me, the universe is simply a great machine which never came into being and never will end. The human being is no exception to the natural order. Man, like the universe, is a machine. Nothing enters our minds or determines our actions which is not directly or indirectly a response to stimuli beating upon our sense organs from without. Owing to the similarity of our construction and the sameness of our environment, we respond in like manner to similar stimuli, and from the concordance of our reactions, understanding is born. In the course of ages, mechanisms of infinite complexity are developed, but what we call 'soul' or 'spirit,' is nothing more than the sum of the functionings of the body. When this functioning ceases, the 'soul' or the 'spirit' ceases likewise.

I expressed these ideas long before the behaviorists, led by Pavlov in Russia and by Watson in the United States, proclaimed their new psychology. This apparently mechanistic conception is not antagonistic to an ethical conception of life.

—Nikola Tesla

What does your anxiety do? It does not empty tomorrow of its sorrow, but it empties today of its strength. It does not make you escape the evil; it makes you unfit to cope with it if it comes.

—Raymond L. Cramer

It isn't normal to know what we want. It is a rare and difficult psychological achievement.

—Abraham H. Maslow

I used to say to my classes that the ways to get insight are: to study infants; to study animals; to study primitive people; to be psychoanalyzed; to have a religious conversion and get over it; to have a psychotic episode and get over it; or to have a love affair with an old Russian. And I stopped saying that when a little dancer in the front row put up her hand and said, 'Does he have to be old?'

—Margaret Mead

Genuine feelings cannot be produced, nor can they be eradicated. We can only repress them, delude ourselves, and deceive our bodies. The body sticks to the facts.

—Alice Miller

Many Christians... find themselves defeated by the most psychological weapon that Satan uses against them. This weapon has the effectiveness of a deadly missile. Its name? Low self-esteem. Satan's greatest psychological weapon is a gut level feeling of inferiority, inadequacy, and low self-worth. This feeling shackles many Christians, in spite of wonderful spiritual experiences and knowledge of God's Word. Although they understand their position as sons and daughters of God, they are tied up in knots, bound by a terrible feeling of inferiority, and chained to a deep sense of worthlessness.

—David A. Seamands

Psychology cannot tell people how they ought to live their lives. It can however, provide them with the means for effecting personal and social change.

—Albert Bandura

When we are depressed, being reminded of other people's suffering only serves to increase our self-hatred.

—Dorothy Rowe

If the sound of happy children is grating on your ears, I don't think it's the children who need to be adjusted.

—Stefan Molyneux

As adults, we have many inhibitions against crying. We feel it is an expression of weakness, or femininity or of childishness. The person who is afraid to cry is afraid of pleasure. This is because the person who is afraid to cry holds himself together rigidly so that he won't cry; that is, the rigid person is as afraid of pleasure as he is afraid to cry. In a situation of pleasure he will become anxious. As his tensions relax he will begin to tremble and shake, and he will attempt to control this trembling so as not to break down in tears. His anxiety is nothing more than the conflict between his desire to let go and his fear of letting go. This conflict will arise whenever the pleasure is strong enough to threaten his rigidity.

Since rigidity develops as a means to block out painful sensations, the release of rigidity or the restoration of the natural motility of the body will bring these painful sensations to the fore. Somewhere in his unconscious the neurotic individual is aware that pleasure can evoke the repressed ghosts of the past. It could be that such a situation is responsible for the adage 'No pleasure without pain.'

—Alexander Lowen

The process of dissociation is an elegant mechanism built into the human psychological system as a form of escape from (sometimes literally) going crazy. The problem with checking out so thoroughly is that it can leave us feeling dead inside, with little or no ability to feel our feelings in our bodies. The process of repair demands a re-association with the body, a commitment to dive into the body and feel today what we couldn't feel yesterday because it was too dangerous.

—Alexandra Katehakis

How do we regulate our emotions? The answer is surprisingly simple: by thinking about them. The prefrontal cortex allows each of us to contemplate his or her own mind, a talent psychologists call metacognition. We know when we are angry; every emotional state comes with self-awareness attached, so that an individual can try to figure out why he's feeling what he's feeling. If the particular feeling makes no sense—if the amygdala is simply responding to a loss frame, for example—then it can be discounted. The prefrontal cortex can deliberately choose to ignore the emotional brain.

—Jonah Lehrer

We are threatened with suffering from three directions: from our body, which is doomed to decay..., from the external world which may rage against us with overwhelming and merciless force of destruction, and finally from our relations with other men... This last source is perhaps more painful to us than any other.

—Sigmund Freud

The stone has no uncertainties, no urge to communicate, and is eternally the same for thousands of years, while I am only a passing phenomenon which bursts into all kinds of emotions, like a flame that flares up quickly and then goes out.

—Carl G. Jung

How much more generous it would be if, instead of writing parables about childhood wounds, psychologists were to accept that some differences between the sexes just are, that they are in the nature of the beasts, because each sex has an evolved tendency to develop that way in response to experience.

—Matt Ridley

One is a great deal less anxious if one feels perfectly free to be anxious, and the same may be said of guilt.

—Alan W. Watts

Introverts living under the Extroversion Ideal are like women in a man's world, discounted because of a trait that goes to the core of who they are. Extroversion is an enormously appealing personality style, but we've turned it into an oppressive standard to which most of us feel we must conform.

—Susan Cain

This explosive psychological 'sneaking' occurs when a woman suppresses large parts of self into the shadows of the psyche. In the view of analytical psychology, the repression of both negative and positive instincts, urges, and feelings into the unconscious causes them to inhabit a shadow realm. While the ego and superego attempt to continue to censor the shadow impulses, the very pressure that repression causes is rather like a bubble in the sidewall of a tire. Eventually, as the tire revolves and heats up, the pressure behind the bubble intensifies, causing it to explode outward, releasing all the inner content.

The shadow acts similarly. We find that by opening the door to the shadow realm a little, and letting out various elements a few at a time, relating to them, finding use for them, negotiating, we can reduce being surprised by shadow sneak attacks and unexpected explosions.

—Clarissa Pinkola Estés

In my early professional years I was asking the question: How can I treat, or cure, or change this person? Now I would phrase the question in this way: How can I provide a relationship which this person may use for his own personal growth?

—Carl R. Rogers

I think that the word *bored* does not get the attention it deserves. We speak of all sorts of terrible things that happen to people, but we rarely speak about one of the most terrible things of all: that is, being bored, being bored alone and, worse than that, being bored together.

—Erich Fromm

Excessive or prolonged stress, particularly in the form of frustration, fear or anxiety, is distress, and it leads to disease.

--Gail C. Christopher

I promise you nothing is as chaotic as it seems. Nothing is worth diminishing your health. Nothing is worth poisoning yourself into stress, anxiety, and fear.

—Steve Maraboli

Compulsive eating is basically a refusal to be fully alive. No matter what we weigh, those of us who are compulsive eaters have anorexia of the soul. We refuse to take in what sustains us. We live lives of deprivation. And when we can't stand it any longer, we binge. The way we are able to accomplish all of this is by the simple act of bolting -- of leaving ourselves -- hundreds of times a day.

—Geneen Roth

Weight (too much or too little) is a by-product. Weight is what happens when you use food to flatten your life. Even with aching joints, it's not about food. Even with arthritis, diabetes, high blood pressure. It's about your desire to flatten your life. It's about the fact that you've given up without saying so. It's about your belief that it's not possible to live any other way -- and you're using food to act that out without ever having to admit it.

—Geneen Roth

Our work is not to change what you do, but to witness what you do with enough awareness, enough curiosity, enough tenderness that the lies and old decisions upon which the compulsion is based become apparent and fall away. When you no longer believe that eating will save your life when you feel exhausted or overwhelmed or lonely, you will stop. When you believe in yourself more than you believe in food, you will stop using food as if it were your only chance at not falling apart. When the shape of your body no longer matches the shape of your beliefs, the weight disappears.

—Geneen Roth

All human behavior has a reason. All behavior is solving a problem.

—Michael Crichton

The spirit is one of the most neglected parts of man by doctors and scientists around the world. Yet, it is as vital to our health as the heart and mind. It's time for science to examine the many facets of the soul. The condition of our soul is usually the source of many sicknesses.

—Suzy Kassem

The fact is that Chinese parents can do things that would seem unimaginable—even legally actionable—to Westerners. Chinese mothers can say to their daughters, 'Hey fatty-lose some weight.' By contrast, Western parents have to tiptoe around the issue, talking in terms of 'health' and never ever mentioning the f-word, and their kids still end up in therapy for eating disorders and negative self image.

—Amy Chua

Most people throughout the world, not just in Newport Beach, care more about their faces, their boobs, their bellies, their butts, and their abs than they do their brains. But it is your brain that is the key to having the face, the breasts, the belly, the butt, the abs, and the overall health you have always wanted; and it is brain dysfunction, in large part, that ruins our bodies and causes premature aging.

—Daniel G. Amen

When our emotional health is in a bad state, so is our level of self-esteem. We have to slow down and deal with what is troubling us, so that we can enjoy the simple joy of being happy and at peace with ourselves.

—Jess C. Scott

And dieting, I discovered, was another form of disordered eating, just as anorexia and bulimia similarly disrupt the natural order of eating. 'Ordered' eating is the practice of eating when you are hungry and ceasing to eat when your brain sends the signal that your stomach is full. ... All people who live their lives on a diet are suffering. If you can accept your natural body weight and not force it to beneath your body's natural, healthy weight, then you can live your life free of dieting, of restriction, of feeling guilty every time you eat a slice of your kid's birthday cake.

—Portia de Rossi

Are you a kind of person who likes to keep all your emotions hidden from the people around you! Do you prefer restraining your feelings a little too much! In that case, you must know that too much emotional suppression can have catastrophic impact over your body.

—Abhijit Naskar

Meditation is the ultimate mobile device; you can use it anywhere, anytime, unobtrusively.

—Sharon Salzberg

It is your brain that decides to get you out of bed in the morning to exercise, to give you a stronger, leaner body, or to cause you to hit the snooze button and procrastinate your workout. It is your brain that pushes you away from the table telling you that you have had enough, or that gives you permission to have the second bowl of Rocky Road ice cream, making you look and feel like a blob. It is your brain that manages the stress in your life and relaxes you so that you look vibrant, or, when left unchecked, sends stress signals to the rest of your body and wrinkles your skin. And it is your brain that turns away cigarettes, too much caffeine, and alcohol, helping you look and feel healthy, or that gives you permission to smoke, to have that third cup of coffee, or to drink that third glass of wine, thus making every system in your body look and feel older. Your brain is the command and control center of your body. If you want a better body, the first place to ALWAYS start is by having a better brain.

—Daniel G. Amen

There are few chemicals that we as a people are exposed to that have as many far reaching physiological affects on living beings as Monosodium Glutamate does. MSG directly causes obesity, diabetes, triggers epilepsy, destroys eye tissues, is genotoxic in many organs and is the probable cause of ADHD and Autism. Considering that MSG's only reported role in food is that of 'flavour enhancer' is that use worth the risk of the myriad of physical ailments associated with it? Does the public really want to be tricked into eating more food and faster by a food additive?

—John E. Erb

There is no illness that is not exacerbated by stress.

—Allan Lokos

People who seek psychotherapy for psychological, behavioral or relationship problems tend to experience a wide range of bodily complaints...The body can express emotional issues a person may have difficulty processing consciously...I believe that the vast majority of people don't recognize what their bodies are really telling them. The way I see it, our emotions are music and our bodies are instruments that play the discordant tunes. But if we don't know how to read music, we just think the instrument is defective.

—Charlette Mikulka

According to research, people who live with animals have decreased anxiety and lower blood pressure. They have lower cholesterol. They are more relaxed and less stressed and are, overall, in better health. Unless of course you have a dog who pees uncontrollably wherever it wishes or eats your furniture to shreds.

—Mary Kubica

As long as high schools strive to list the number of Ivy League schools their graduates attend and teachers pile on work without being trained to identify stress-related symptoms, I fear for our children's health. I am not mollified by the alums of my daughter's school who return to tell everyone that the rigor of high school prepared them for college, making their first year easier than they'd anticipated.

If they make it that far.

—Candy Schulman

Have less; do less; say no.

—Paul Pearsall

Research shows that allowing ourselves to forgive and forget can be healthy — it reduces pains, headaches, stress, and leads to a strong immune system. So I say: Why continue to hold grudges? We will just put our health in jeopardy, and lessen the number of pages and chapters that we still need to write in our book of life.

—Kcat Yarza

We live in a world where it is completely the norm to worry about what we put in our bodies but worry very little about what we throw in our minds. We think a hamburger is bad but a celebrity gossip magazine is completely harmless. As children you never hear 'don't put that garbage in your mind,' but for our body counterpart it is common thread. There is something very wrong with this scenario.

—Evan Sutter

Love is a chemical reaction, but it cannot be fully understood or defined by science. And though a body cannot exist without a soul, it too cannot be fully understood or defined by science.

Love is the most powerful form of energy, but science cannot decipher its elements. Yet the best cure for a sick soul is love, but even the most advanced physician cannot prescribe it as medicine.

—Suzy Kassem

...the question of portion size. When I ate Doritos or a Big Mac, I kept on eating and eating, and later experienced McRegret. So why when I ate a fourteen-week-old barred rock [heirloom breed chicken] or a grapefruit did I find it tremendously delicious and yet tremendously satisfying? If these foods tasted better, shouldn't I have just kept on gorging?

Fred Provenza believes the difference comes down to what he calls 'deep satiety.' 'Fundamentally,' he told me, 'eating too much is an inability to satiate.' When food meets needs at 'multiple levels,' it provides a feeling of 'completeness' and offers a satisfaction that's altogether different from being stuffed.

—Mark Schatzker

With approximately 50% of the USA population on prescription drugs and 10% on anti-depressants, it is clear that things are going seriously wrong with human health in the modern world.

—Steven Magee

We have some very suggestive evidence that the use of pesticides and herbicides affects our mental function and brain physiology, including increasing the incidence of Parkinson's disease up to seven times in those most heavily exposed to them. This is not exactly a surprise when we realize that pesticides are designed to be neurotoxic to the pests.

—Gabriel Cousens M.D.

You are overfed yet under-nourished. Your body needs specific nutrients to run properly or you will get mentally and physically sick. I'm talking about illnesses such as heart disease, some cancers, diabetes and depression, for starters. So, if you're not eating the right foods—or your 'toxic waste' is inhibiting nutrient absorption—your mind will constantly 'scream' at your stomach to eat more. It does this in the form of cravings and hunger. Problem is, most people just eat more 'nutrient-dead food' and your body continues to starve and cravings spiral out of control.

—Josh Bezone

After a stressful event, we often crave comfort food. Our body is calling for more glucose and simple carbohydrates and fat... And in modern life, people tend to have fewer friends and less support, because there's no tribe. Being alone is not good for the brain.

—John J. Ratey

The Princess attitude to food isn't about obsessively scraping the oil off your salad, saying no to crème brûlée and taking a little snack bag of spinach everywhere you go. I truly believe it's more important to consciously choose what you're going to eat and enjoy every bite – even if it's a gooey chocolate cake with extra sugary sprinkles – than to make a healthy diet such a burden that your life stretches out in front of you as a joyless, never-ending round of wafer snack breads. (Let's face it, chocolate is a divine gift to us all and should be appreciated for the mood-altering drug that it is.)

—Rosie Blythe

Getting more exercise isn't only good for your waistline. It's a natural anti-depressant, that leaves you in a great mood.

—Auliq Ice

It's rare to be depressed and be in prime health. Healthy people tend to be happy people.

—Toni Sorenson

People who are dependent are merely using alcohol as a crutch to get through the day. Yet doctors and scientists are still treating 'alcoholism' as if it is the problem, when it has nothing to do with the problem. They might as well be studying 'scratchism' for people who have a chronic itch.

—Chris Prentiss

The Dalai Lama, when asked what surprised him most about humanity, said:

Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.

—Dalai Lama XIV

Even the simple act of tuning the radio to a music program can lift our spirits and show the world 'I'm not going to give up.'

—Shirley Corder

A feeble body makes a feeble mind. I do not know what doctors cure us of, but I know this: they infect us with very deadly diseases, cowardice, timidity, credulity, the fear of death. What matter if they make the dead walk, we have no need of corpses; they fail to give us men, and it is men we need.

—Jean-Jacques Rousseau

I have looked through the list of illnesses, and did not find cares or sad thoughts mentioned among them. That is a mistake, surely.

—Georg Christoph  
Lichtenberg

Happily we are learning that the mind has to do with the misdeeds of the body, and that there are no more valuable therapeutic agents than cheerfulness, happiness, and hope.

—Olive Thorne  
Miller (1889)

A sad soul can kill you quicker than a germ.

—John Steinbeck

Diseases of the soul are more dangerous and more numerous than those of the body.

—Cicero

An illness of the mind is an illness of the body, and vice versa.

—Terri Guillemets

To avoid sickness eat less; to prolong life worry less.

—Chu Hui Weng

People with diseases like AIDS and cancer feel an urgency in straightening out their lives, examining their purpose, and confronting the reality of death. Ironically, in spite of the physical and emotional pain they experience, many of these patients express gratitude for this opportunity. The encounter with their own mortality changes their priorities in life, their values and aspirations. For many, it makes them truly cherish life and the ability to give and receive love.

—Jeff Seibert

The mind has great influence over the body, and maladies often have their origin there.

—Jean Baptiste Molière

It's not the work which kills people, it's the worry. It's not the revolution that destroys machinery it's the friction.

—Henry Ward Beecher

Abuse in any form by either party is wrong, duh, but whine to me when violence against men is the same as violence against women, because newsflash, it's not. The risk that men pose to women is not the same as the one we pose to men, statistics prove that. Y'all have to worry about a crazy girlfriend keying your car, we have to worry about a crazy guy KILLING us.

—Katie Miller

The numbers are stark: One in four U.S. students will witness or experience a traumatic event before the age of 4, and more than two-thirds by age 16. These children do not—they cannot—simply close their eyes to what they've seen or experienced. With each forced eviction, each arrest of an adult in their home, each abuse to their own bodies, an instinctive trigger to 'fight or flee' is pulled over and again. Over time, a child's developing brain is changed by these repeated traumatic experiences. Areas that govern the retention of memory, the regulation of emotion, and the development of language skills are affected. The result is a brain that has structurally adapted for survival under the most stressful circumstances,—but not for success in school.

—Mary Ellen Flannery

If you spend time with crazy and dangerous people, remember – their personalities are socially transmitted diseases; like water poured into a container, most of us eventually turn into – or remain – whoever we surround ourselves with. We can choose our tribe, but we cannot change that our tribe is our destiny.

—Stefan Molyneux

The drive for power is even less logical than the sex urge . . . and stronger.

—Robert A. Heinlein

We are a society of notoriously unhappy people: lonely, anxious, depressed, destructive, dependent — people who are glad when we have killed the time we are trying so hard to save.

—Erich Fromm

When a person feels powerless in regard to controlling his life, he can defend against the discomfort of such an experience by asserting control over someone else.

—A. Nicholas Groth

The incurable sufferer is given very little opportunity to be proud of his suffering and to consider it ennobling rather than degrading so that he is not only unhappy, but also ashamed of being unhappy.

—Viktor E. Frankl

There is no part of one's beliefs about oneself which cannot be modified by sufficiently powerful psychological techniques. There is nothing about oneself which cannot be taken away or changed. The proper stimuli can, if correctly applied, turn communists into fascists, saints into devils, the meek into heroes, and vice-versa. There is no sovereign sanctuary within ourselves which represents our real nature. There is nobody at home in the internal fortress. Everything we cherish as our ego, everything we believe in, is just what we have cobbled together out of the accident of our birth and subsequent experiences. With drugs, brainwashing, and other techniques of extreme persuasion, we can quite readily make a man a devotee of a different ideology, the patriot of a different country, or the follower of a different religion.

—Peter J. Carroll

Not all addictions are rooted in abuse or trauma, but I do believe they can all be traced to painful experience. A hurt is at the centre of all addictive behaviours. It is present in the gambler, the Internet addict, the compulsive shopper and the workaholic. The wound may not be as deep and the ache not as excruciating, and it may even be entirely hidden—but it's there. As we'll see, the effects of early stress or adverse experiences directly shape both the psychology and the neurobiology of addiction in the brain.

—Gabor Maté

A part of a healthy conscience is being able to confront consciencelessness. When you teach your daughter, explicitly or by passive rejection, that she must ignore her outrage, that she must be kind and accepting to the point of not defending herself or other people, that she must not rock the boat for any reason, you are NOT strengthening her prosocial sense, you are damaging it--and the first person she will stop protecting is herself.

—Martha Stout

...in spite of the deep-seated craving for love, almost everything else is considered to be more important than love: success, prestige, money, power--almost all our energy is used for the learning of how to achieve these aims, and almost none to learn the art of loving.

Could it be that only those things are considered worthy of being learned with which one can earn money or prestige, and that love, which 'only' profits the soul, but is profitless in the modern sense, is a luxury we have no right to spend energy on?

—Erich Fromm

People will always prefer black-and-white over shades of grey, and so there will always be the temptation to hold overly-simplified beliefs and to hold them with excessive confidence.

—Thomas Gilovich

Child psychologists have demonstrated that our minds are actually constructed by these thousands of tiny interactions during the first few years of life. We aren't just what we're taught. It's what we experience during those early years - a smile here, a jarring sound there - that creates the pathways and connections of the brain. We put our kids through fifteen years of quick-cut advertising, passive television watching, and sadistic video games, and we expect to see emerge a new generation of calm, compassionate, and engaged human beings?

—Sidney Poitier

If there is one thing developmental psychologists have learned over the years, it is that parents don't have to be brilliant psychologists to succeed. They don't have to be supremely gifted teachers. Most of the stuff parents do with flashcards and special drills and tutorials to hone their kids into perfect achievement machines don't have any effect at all. Instead, parents just have to be good enough. They have to provide their kids with stable and predictable rhythms. They need to be able to fall in tune with their kids' needs, combining warmth and discipline. They need to establish the secure emotional bonds that kids can fall back upon in the face of stress. They need to be there to provide living examples of how to cope with the problems of the world so that their children can develop unconscious models in their heads.

—David Brooks

Selection is the very keel on which our mental ship is built. And in this case of memory its utility is obvious. If we remembered everything, we should on most occasions be as ill off as if we remembered nothing.

—William James

It is the bane of psychology to suppose that where results are similar, processes must be the same. Psychologists are too apt to reason as geometers would, if the latter were to say that the diameter of a circle is the same thing as its semi-circumference, because, forsooth, they terminate in the same two points.

—William James

Out of fear, out of the desire for approval, out of misguided notions of duty, people surrender themselves--their convictions and their aspirations--every day. There is nothing noble about it. It takes far more courage to fight for your values than to relinquish them.

—Nathaniel Branden

Most people believe it is only by constraint they can get any good out of themselves, and so they live in a state of psychological distortion. It is his own self that each of them is most afraid of resembling. Each of them sets up a pattern and imitates it; he doesn't even choose the pattern he imitates: he accepts a pattern that has been chosen for him. And yet I verily believe there are other things to be read in man. But people don't dare to - they don't dare to turn the page. Laws of imitation! Laws of fear, I call them. The fear of finding oneself alone - that is what they suffer from - and so they don't find themselves at all. I detest such moral agoraphobia - the most odious cowardice I call it. Why, one always has to be alone to invent anything - but they don't want to invent anything. The part in each of us that we feel is different from other people is just the part that is rare, the part that makes our special value - and that is the very thing people try to suppress. They go on imitating. And yet they think they love life.

—André Gide

No one really knows why humans do what they do.

—David K. Reynolds

Love...is a constant challenge; it is not a resting place, but moving, growing, working together; even when there is harmony or conflict, joy or sadness, it is secondary to the fundamental fact that two people experience themselves, rather than by fleeing from themselves. There is only one proof for the presence of love: the depth of the relationship, and the aliveness and strength in each person concerned; this is the fruit by which love is recognized.

—Erich Fromm

Our personal identities are socially situated. We are where we live, eat, work, and make love. [...]

Just as in the second part of a verse bad poets seek a thought to fit their rhyme, so in the second half of their lives people tend to become more anxious about finding actions, positions, relationships that fit those of their earlier lives, so that everything harmonizes quite well on the surface: but their lives are no longer ruled by a strong thought, and instead, in its place, comes the intention of finding a rhyme.

—Friedrich Nietzsche

What we believe is heavily influenced by what we think others believe.

—Thomas Gilovich

Man has two different beings inside him. What devil thought of that malicious touch?

—Stendhal

Exercise alone provides psychological and physical benefits. However, if you also adopt a strategy that engages your mind while you exercise, you can get a whole host of psychological benefits fairly quickly.

—James Rippe

When psychologists Catherine Caldwell-Harris and Ayse Ayçiçeği compared U.S. and Turkish samples, they found that having ‘an orientation inconsistent with societal values’ is a risk factor for poor mental health. The findings support what the researchers call the personality-culture clash hypothesis: ‘Psychological adjustment depends on the degree of match between personality and the values of surrounding society.’ To the extent that introverts feel the need to explain, apologize, or feel guilty about what works best for them, they feel alienated not only from society but from themselves.

—Laurie A. Helgoe

**DENIAL:** Defense mechanism in which the existence of unpleasant realities is disavowed; refers to keeping out of conscious awareness any aspects of external reality that, if acknowledged, would produce anxiety.

—Benjamin James Sadock

Through the ages, countless spiritual disciplines have urged us to look within ourselves and seek the truth. Part of that truth resides in a small, dark room -- one we are afraid to enter.

—Matthew J. Pallamary

Death anxiety is the mother of all religions, which, in one way or another, attempt to temper the anguish of our finitude.

—Irvin D. Yalom

We raise our children, especially girls, to ignore their spontaneous reactions—we teach them not to rock the societal boat...By the time she is thirty, the valiant little girl’s ‘Ick!’-her tendency to respond, to rock the boat, when someone’s actions are really mean, may have been excised from her behavior, and perhaps from her very mind.

—Martha Stout

Shame and blame should have no place in our body, mind, or spirit.

—Asa Don Brown

Is it logical that two people can disagree and that both can be right? It's not logical: it's psychological. And it's very real.

—Stephen R. Covey

There are only two most powerful situations- being so small that you have nothing to lose and being so big that you don't care what you lose!

—Jasleen Kaur Gumber

The amount of destructiveness in a child is proportionate to the amount to which the expansiveness of his life has been curtailed. Destructiveness is the outcome of the un-lived life.

--Erich Fromm

The impulse to mar and to destroy is an ancient and almost as nearly universal as the impulse to create. The one is an easier way than the other of demonstrating power.

--Joseph Wood Krutch

He who terrorizes is himself the more terrified.

--Claudian

Psychiatrists tell us that discipline doesn't break a child's spirit half as often as the lack of it breaks a parent's heart.

--Unknown

Speaking generally, punishment hardens and numbs, it produces concentration, it sharpens the consciousness of alienation, it strengthens the power of resistance.

—Friedrich Nietzsche

Crime begins in the mind. A man has to think wrong before he acts wrong.

--William Cooke

There is a raging tiger inside every man whom God put on this earth. Every man worthy of the respect of his children spends his life building inside himself a cage to pen that tiger in.

--Murray Kempton

The development of man's intellectual capacities has far outstripped the development of his emotions. Man's brain lives in the twentieth century; the heart of most men lives still in the Stone Age. The majority of men have not yet acquired the maturity to be independent, to be rational, to be objective. They need myths and idols to endure the fact that man is all by himself, that there is no authority which gives meaning to life except man himself.

—Erich Fromm

The man who cannot create wants to destroy.

--Erich Fromm

We easily forget crimes that are known only to ourselves.

--François de  
La Rochefoucauld

Violence is a learned behavior, not a random, uncontrollable or inevitable occurrence.

--Michael Suntag

Deeds of violence in our society are performed largely by those trying to establish their self-esteem, to defend their self-image, and to demonstrate that they, too, are significant. Violence arises not out of superfluity of power but out of powerlessness.

--Rollo May

The reformatory effect of punishment is a belief that dies hard, chiefly, I think, because it [punishment] is so satisfying to our sadistic impulses.

--Bertrand Russell

A hurtful act is the transference to others of the degradation which we bear in ourselves.

--Simone Weil

Ill habits gather by unseen degrees—As brooks make rivers, rivers run to seas.

--John Dryden

There is no man so good that if he placed all his actions and thoughts under the scrutiny of the laws, he would not deserve hanging ten times in his life.

--Michel de Montaigne

It is part of the cure to wish to be cured.

--Seneca

Evil is not *merely* a by-product of unfavorable circumstances; it is too widespread and too deep-seated to admit of any such explanation; so widespread, so deep-seated that one can only conclude that what the religions have always taught is true, and that evil is endemic in the heart of man.

--C. E. M. Joad

With divorce, adolescents feel abandoned, and they are outraged at that abandonment. They are angry at both parents for letting them down. Often they feel that their parents broke the rules and so now they can too.

--Mary Pipher

Teasing is universal. Anthropologists have found the same fundamental patterns of teasing among New Zealand aborigine children and inner-city kids on the playgrounds of Philadelphia.

--Lawrence Kutner

Much is made of the accelerating brutality of young people's crimes, but rarely does our concern for dangerous children translate into concern for children in danger. We fail to make the connection between the use of force on children themselves, and violent antisocial behavior, or the connection between watching father batter mother and the child deducing a link between violence and masculinity.

--Letty Cottin Pogrebin

Can we not teach children, even as we protect them from victimization, that for them to become victimizers constitutes the greatest peril of all, specifically the sacrifice—physical or psychological—of the well-being of other people? And that destroying the life or safety of other people, through teasing, bullying, hitting or otherwise, 'putting them down,' is as destructive to themselves as to their victims.

--Lewis P. Lipsitt

It is very difficult for people to believe the simple fact that every persecutor was once a victim. Yet it should be very obvious that someone who was allowed to feel free and strong from childhood does not have the need to humiliate another person.

--Alice Miller

Those children who are beaten will in turn give beatings, those who are intimidated will be intimidating, those who are humiliated will impose humiliation, and those whose souls are murdered will murder.

--Alice Miller

Men who have been raised violently have every reason to believe it is appropriate for them to control others through violence; they feel no compunction over being violent to women, children, and one another.

--Frank Pittman

Every baby born in this country gets on one of two trains—one bound for heaven or one bound for hell. And the children on the train to hell see the kids on the other train. The tragedy is that our society has built so few switching stations to help youngsters change their lives.

--Eli Newberger, M.D.

It is not children that we want to change. Rather, it is the inappropriate behavior that we want to change. We want to support appropriate behavior. Calling attention to inappropriate behavior lets the child know that the actions are not acceptable, but that the child is still loved. Do not forget to also focus on appropriate behavior. Praise and reinforcement let children know which behaviors are appropriate and acceptable.

—Peggy O' Harrelson

Disorder and crime are usually inextricably linked, in a kind of developmental sequence. Social psychologists and police officers tend to agree that if a window in the building is broken and is left unrepaired, all the rest of the windows will soon be broken. This is as true in nice neighborhoods as in rundown ones... One unrepaired broken window is a signal that no one cares. We suggest that 'untended' behavior also leads to the breakdown of community controls... A piece of property is abandoned, weeds grow up, a window is smashed. Adults stop scolding rowdy children; the children, emboldened, become more rowdy. Families move out, unattached adults move-in. Teenagers gather in front of the corner store. The merchant asks them to move; they refuse. Fights occur.

--George L. Kelling and  
James Q. Wilson

Bullies aren't particularly creative....Scrolling through the trove of insults...almost all of them fell under one (or more) of six categories: they were about appearance, intelligence, race, ethnicity, sexuality, or social acceptance and rejection.

--Emily Bazelon

Behavior in the human being is sometimes a defense, a way of concealing motives and thoughts, as language can be a way of hiding your thoughts and preventing communication.

—Abraham Maslow

First you have to know them, and then you have to like them, enough to respect what they're going through but not accept responses that may be inappropriate. You really do have to like them. Boys, when they're threatened and angry, they act out in ways that make them difficult to deal with. They can become threatening, sullen, disrespectful. They learn to be frightening as a defense mechanism in the environments they have to navigate. When you don't like them, those are reasons to get rid of them—to put them out of programs, put them out of schools, to call the police to deal with them, lock them up. But when they're kids that you actually know, and actually like, they will listen to you, and you will listen to them. And that's where change starts.

--Geoffrey Canada

A thief believes everybody steals.

--Edward W. Howe

While it is widely assumed that bullies focus on socially isolated children, a recent study offers evidence that popular children get bullied, too. Researchers at the University of California and Pennsylvania State University found that students' chances of being bullied rise 25% if they move from a group with average popularity to the 95th percentile. Those with higher social status also experienced greater psychological stress when bullied, because they felt they had more to lose.

--Quentin Fottrell

There's a voice inside you that tells you what you should do.

--Alan Rickman

The rich middle-and high-school kids...show higher rates of alcohol and drug abuse on average than poor kids, and much higher rates than the national norm. They report clinically significant depression or anxiety or delinquent behaviors at a rate two to three times the national average. Starting in the seventh grade, the rich cohort includes just as many kids who display troubling levels of delinquency as the poor cohort, although the rule-breaking takes different forms. The poor kids, for example, fight and carry weapons more frequently....The rich kids, meanwhile, report higher levels of lying, cheating, and theft.

—Hanna Rosin citing a  
Yale Psychiatry  
Department Study  
by Suniya Luthar

Popularity is a trap. The research is overwhelming. For instance, a study tracking nearly 200 13-year-olds over the course of a decade found that those who acted old for their age by sneaking into movies, forming early romantic relationships, shoplifting, and basing friendships on appearance were considered by their peers to be the popular kids. The ‘cool kids,’ the same study found, had a 45 percent greater rate of problems due to substance abuse by age 22, and a 22 percent greater rate of criminal behavior, compared with the average teen in the study. Such behavior made the popular group far less socially acceptable as young adults than they were at 13, which suggests that while the cool kids achieved temporary social status, they never developed the skills needed for deep, durable friendships.

—Ron Fournier

When children and adolescents misbehave, we usually assume that they’re doing so because they have considered the consequences of their actions and calculated that the benefits of misbehavior outweigh the costs. So our natural response is to increase the cost of misbehavior, by ratcheting up punishment. One of the chief insights that recent neurobiological research has provided, however is that young people, especially those who have experienced significant adversity, are often guided by emotional and psychological and hormonal forces that are far from rational. This doesn’t mean that teachers should excuse or ignore bad behavior. But it does explain why harsh punishments so often prove ineffective in motivating troubled young people to succeed.

—Paul Tough

Edward L. Deci and Richard M. Ryan, two professors at the University of Rochester argued that we are mostly motivated not by the material consequences of our actions but by the inherent enjoyment and meaning that those actions bring us, a phenomenon called intrinsic motivation. They identified three key human needs—our need for competence, our need for autonomy, and our need of relatedness, meaning personal connection—and they posited that intrinsic motivation can be sustained only when we feel that those needs are being satisfied.

—Paul Tough

It is silly to go on pretending that under the skin we are brothers. The truth is more likely that under the skin we are all cannibals, assassins, traitors, liars and hypocrites.

—Henry Miller

The greatest terror a child can have is that he is not loved, and rejection is the hell of fears....And with rejection comes anger, and with anger some kind of crime in revenge.

--John Steinbeck

A young economist at Northwestern University named C. Kirabo Jackson...created a proxy measure for students' noncognitive ability, using just four pieces of existing administrative data: attendance, suspensions, on-time grade progression, and overall GPA. Jackson's new index measures, in a fairly crude way, how engaged students were in school—whether they showed up, whether they misbehaved and how hard they worked in their classes. Jackson found that this simple noncognitive proxy was, remarkably, a better predictor than students' test scores of whether the students would go on to attend college, a better predictor of adult wages, and a better predictor of future arrests.

—Paul Tough

You can almost be certain that the man who commits violent crimes has been treated violently as a child.

--Karl Menninger

There is no end to the violations committed by children on children.

--Elizabeth Bowen

When a boy is eleven years old you had better find something to engage his interest. I offer it as a theorem that a boy that age is either doing something or breaking something.

--Jerrold R. Zacharias

In their landmark survey of single parenthood, Sara McLanahan and Gary Sandefur showed that children in single-parent homes do not do as well as children who are living with both biological parents. They are more likely to have trouble in school, more likely to drop out of school and, later, more likely to become single parents themselves. Some of this is simply the fact that unstable people are more likely to become single parents and also more likely to have difficulty parenting. But even the children of widows and widowers do worse on many measures than children of intact homes—a problem that was recognized back in the 19<sup>th</sup> century, when disease and work accidents frequently carried off parents in their prime. Something about living with only one parent holds kids back. That 'something'...is fewer resources. The Internet overflows with essays on the resourcefulness, grit, and sheer heroism of single parents who manage to be 'both mother and father' to their children. But while we should have nothing but admiration for people who do their best in a bad situation, we should still recognize that for the child, and often for the parent, it's a bad situation.

--Megan McArdle

## MEMO FROM YOUR CHILD

1. Don't spoil me. I know quite well that I ought not have all that I ask for, I'm only testing you.
2. Don't be afraid to be firm with me, I prefer it. It makes me feel more secure.
3. Don't let me form bad habits, I have to rely on you to detect them in the early stages.
4. Don't make me feel smaller than I am, It only makes me behave stupidly big.
5. Don't correct me in front of people if you can help it.
6. Don't make me feel that my mistakes are sins, it upsets my set of values.
7. Don't be upset when I say 'I hate you,' it's not you I hate, but your power to hinder.
8. Don't protect me from consequences, I need to learn the painful way sometimes.
9. Don't nag, if you do I will need to protect myself by appearing deaf.
10. Don't make rash promises, remember I feel badly let down when promises are broken.
11. Don't tax my honesty too much, I am easily frightened into telling lies.
12. Don't be inconsistent, that completely confuses me and makes me lose faith in you.
13. Don't tell me my fears are silly, they are terribly real to me and you can do much to reassure me if you try to understand.
14. Don't ever suggest that you are perfect or infallible. It gives me too great a shock when I discover that you are neither.
15. Don't forget that I can't thrive without lots of love and understanding, but I don't need to tell you that, do I?

—Unknown

I'm not a naughty brat. I'm little and I'm still learning. I get overwhelmed and frustrated just like you do. Because nobody is perfect. Help me. Guide me. Love me.

—*The Learning Station*

A person who has been punished is not less inclined to behave in a given way; at best, he learns how to avoid punishment.

—B. F. Skinner

Unable to understand how or why the person we see behaves as he does, we attribute his behavior to a person we cannot see, whose behavior we cannot explain either but about whom we are not inclined to ask questions.

—B. F. Skinner

Low-income parents as a group tend toward a firmly directive approach with their children, whereas middle-class parents typically favor a more solicitous tack, encouraging their kids to question adult authority....the different effects on behavior: dutiful respect versus a sense of entitlement.

—Sarah Carr

Whenever reality reinforces a child's fantasied dangers, the child will have more difficulty in overcoming them...So, while parents may not regard a spanking as a physical attack or an assault on a child's body, the child may regard it as such, and experience it as a confirmation of his fears that grownups under certain circumstances can really hurt you.

--Selma H. Fraiberg

Research has convincingly demonstrated that using the 'rod' creates children who are not more obedient but who are instead simply more angry and aggressive than other kids. Parents who routinely slap or strike their children are actually handing them a model of violence to imitate—and many do indeed grow to be abusive, some even murderously so.

--Julius Segal

When the milk is splattered all over the floor, and those little eyes are looking at you for your reaction, remember what really matters. It takes 5 minutes to clean up spilled milk. It takes much longer to clean up a broken spirit.

—Rebecca Eanes

Most of our failures in understanding one another have less to do with what is heard than with what is intended and what is inferred.

—George Armitage Miller

American psychology effectively guaranteed its place as a cultural icon by helping to create the pathologies it simultaneously promised to treat.

—Alvin Dueck

You have more issues than Reader's Digest.

—Rebecca McNutt

A small amount of good literature can often teach more about the inner life than volumes of psychology.

—Thomas Moore

Psychology is a soft weapon but you can take out more enemy battalions with leaflets and radio broadcasts than with high explosives.

—Nelson DeMille

Fear, anxiety, stress and panic, all these are basic evolutionary expressions of the human brain. They are part of the normal human condition.

—Abhijit Naskar

Fear of confronting emotions is like fear of reading road signs.

—Sam Owen

I consider therapy successful when the family members (or individual clients) have discovered ways to get what they need from their relationships with the people in their lives, so that their relationship with me is no longer necessary to sustain them. Like a chemical catalyst that facilitates a reaction between two other substances, the therapeutic relationship catalyzes the transformation of relationships in the lives of clients. But the real healing takes place not in the therapeutic relationship but in the client's relationships with significant others.

—Joseph A. Micucci

When people seem angry, sometimes they are simply upset and hurting. Asking the right questions helps them to work through it.

—Sam Owen

Embrace the anxiety of confronting your emotions because it's often the emotional hitting of rock bottom that ignites our resolve to get back to the top.

—Sam Owen

Sometimes the anger directed at another is actually anger toward the self.

—Sam Owen

We demand that a severely brain-damaged person should have the same rights as a university professor, or a physically disabled person the same rights as an Olympian sportsman. They are all 'human', whatever their intellectual and physical abilities.

—Steven Mithen

Self-esteem comes from not letting unrelated external occurrences be tied to your own self-worth.

—Sam Owen

Ten minutes of meditation a day, keeps the psychiatrist away.

—Abhijit Naskar

The female brain is engineered to avoid conflicts at all cost, whereas the male brain pleasures conflicts in the purpose of being the boss.

—Abhijit Naskar

People it seems, are busy leading their lives into the future, whereas psychology, for the most part, is busy tracing them into the past.

—Gordon W. Allport

The greatest war in our lives is the one against our own fears and illusions. We fight countless battles with our deluded consciousness which sometimes strives for making not the best, but the safest and least risky decisions.

—D. Kostadinov

Feelings are not to be suppressed or fixed — they're to be acknowledged.

—Jennifer Lane

Human psychology is the most mysterious thing in the world.

—Munia Khan

The human being is so complicated in some ways, and yet so simple in others. Sometimes, we need complex medication regimens. Yet, sometimes, we just need a good cry.

—Vironika Tugaleva

When you have mental illness it's common to be shunned by your family or friends. It wouldn't happen if they knew the pain you were in.

—Stanley Victor  
Paskavich

We all try to silence painful emotions. But when we succeed in feeling nothing we lose the only means we have of knowing what hurts us and why.

—Stephen Grosz

Want to do something noble and courageous while you're on this Earth? Treat the mentally ill like they have some worth.

—Stanley Victor  
Paskavich

Our madness-measure is always changing. Probably we are less tolerant of madness now than at any period in history. There is no place for it. Crucially, there is no time for it. Going mad takes time. Getting sane takes time.

—Jeanette Winterson

A dream is a kind of nocturnal drama to which the only price of admission is falling asleep.

—Henry Gleitman

Psychotherapy and counselling should make people aware of themselves and of the difficulties which they face. This then gives them the freedom to choose for themselves. In this sense, unlike behaviour therapy, psychotherapy is value-free: no advice, suggestions or recriminations are given. Indeed the only value of psychotherapy is respect for the individual. Such respect, however, in a mechanistic and objectifying society ... becomes a political act.

—Paul Kline

In my opinion, defining intelligence is much like defining beauty, and I don't mean that it's in the eye of the beholder. To illustrate, let's say that you are the only beholder, and your word is final. Would you be able to choose the 1000 most beautiful women in the country? And if that sounds impossible, consider this: Say you're now looking at your picks. Could you compare them to each other and say which one is more beautiful? For example, who is more beautiful—Katie Holmes or Angelina Jolie? How about Angelina Jolie or Catherine Zeta-Jones? I think intelligence is like this. So many factors are involved that attempts to measure it are useless. Not that IQ tests are useless. Far from it. Good tests work: They measure a variety of mental abilities, and the best tests do it well. But they don't measure intelligence itself.

—Marilyn Vos Savant

To feel completely alone and isolated leads to mental disintegration just as physical starvation leads to death.

—Erich Fromm

An individual may be alone in a physical sense for many years and yet he may be related to ideas, values, or at least social patterns that give him a feeling of communion and 'belonging.' On the other hand, he may live among people and yet be overcome with an utter feeling of isolation, the outcome of which, if it transcends a certain limit, is the state of insanity which schizophrenic disturbances present.

—Erich Fromm

You can't change your past, but you can begin your journey by understanding it.

—Michelle Skeen

It's better not to hold your feelings inside too much and express them to a dear one freely, than to pay thousands of dollars to a psychiatrist for the same outburst of emotions later. Emotions are a bonding mechanism for humans. So, use 'em, abuse 'em and utilize 'em.

—Abhijit Naskar

Happiness, after all, is generally measured as reported satisfaction with one's life—a state of mind perhaps more accessible to those who are affluent, who conform to social norms, who suppress judgment in the service of faith, and who are not overly bothered by societal injustice...The real conservatism of positive psychology lies in its attachment to the status quo, with all its inequalities and abuses of power. Positive psychologists' tests of happiness and well-being, for example, rest heavily on measures of personal contentment with things as they are.

—Barbara Ehrenreich

Not to take one's own suffering seriously, to make light of it or even to laugh at it, is considered good manners in our culture.

—Alice Miller

One of the most influential aspects of people's psychology is how they perceive the world around them and how they relate to it.

—Pearl Zhu

We criminalize juvenile behavior that is considered normal by psychologists. We are creating criminals. I really believe that.

—Aleksandra Chauhan

Some of the most evil human beings in the world are psychiatrists. Not all psychiatrists. Some psychiatrists are selfless, caring people who really want to help. But the sad truth is that in today's society, mental health isn't a science. It's an industry. Ritalin, Zoloft, Prozac, Lexapro, Risperidone, happy pills that are supposed to 'normalize' the behavior of our families, our colleagues, our friends - tell me that doesn't sound the least bit creepy! Mental health is subjective. To us, a little girl talking to her pretend friends instead of other children might just be harmless playing around. To a psychiatrist, it's a financial opportunity. Automatically, the kid could be swept up in a sea of labels. 'not talking to other kids? Okay, she's asocial!' or 'imaginary friends? Bingo, she has schizophrenia!' I'm not saying in any way that schizophrenia and social disorders aren't real. But the alarming number of people, especially children, who seem to have these 'illnesses' and need to be medicated or locked up... it's horrifying. The psychiatrists get their prestigious reputation and their money to burn. The drug companies get fast cash and a chance to claim that they've discovered a wonder-drug, capable of 'curing' anyone who might be a burden on society... that's what it's all about. It's not about really talking to these troubled people and finding out what they need. It's about giving them a pill that fits a pattern, a weapon to normalize people who might make society uncomfortable. The psychiatrists get their weapon. Today's generations get cheated out of their childhoods. The mental health industry takes the world's most vulnerable people and messes with their heads, giving them controlled substances just because they don't fit the normal puzzle. And sadly, it's more or less going to get worse in this rapidly advancing century.

—Rebecca McNutt

As a society, our understanding of teenagers has not caught up to the science. In the past 15 years, neuroscientists have discovered that a teenager's brain is different in important ways from an adult's brain. It is more receptive to rewards than to punishment, and the parts that control impulses and judgement are still under construction. Which means that back talk and fake burps are predictable teenage acts—to be corrected, not prosecuted.

—Amanda Ripley

There appears to be irrefutable evidence that the mere fact of physical overcrowding induces violence.

--Harvey Wheeler

Living in a frustrating, stress-inducing environment like a ghetto every day of your life makes many people walking powder kegs. There's a pent-up rage that isn't ventilated elsewhere; when something happens to trigger that rage, it can be murderous.

--Dr. LaMaurice Gardner

‘America generally loves crime and punishment—this idea that punishment somehow corrects behavior, that it teaches kids a lesson,’ says Jenny Egan, the Maryland public defender. In reality, the more involvement kids have with the legal system, the worse their behavior gets. Kids who get arrested and appear in court are nearly four times as likely to drop out of high school, Gary Sweeten found. But most people in the chain of decision making—from state lawmaker to the teacher to the principal to the school police officer to the prosecutor—do not realize how much damage their actions can do. Egan says: ‘I don’t think a majority of people in the system understand what it does to a child to put him in handcuffs and take him to court—at the very moment when he is trying to figure out who he is in the world.’

—Amanda Ripley

Hard though it may be to accept, remember that guilt is sometimes a friendly internal voice reminding you that you’re messing up.

—Marge Kennedy

Catch them doing something right! If you can catch people doing something well, no matter how small it may seem, and positively reinforce them for doing it, they will continue to grow in a positive direction.

--Ken Blanchard

When you choose the behavior, you choose the consequences.

--Dr. Phillip McGraw

A good deal of criminal activity is motivated not by aggression, but by desire to relieve boredom, to create excitement, to call attention to oneself.

--Thomas Szasz

The keenest sorrow is to recognize ourselves as the sole cause of all our adversities.

--Sophocles

There are a thousand hacking at the branches of evil to one who is striking at the roots.

--Henry David Thoreau

There is no explanation for evil. It must be looked upon as a necessary part of the order of the universe. To ignore it is childish, to bewail it senseless.

--W. Somerset Maugham

So the paradox goes: No man who is really ignorant is ever aware that he is ignorant. That is its finest, most faulty manifestation; there can be no true ignorance without first some claim of intelligence or consciousness, or superiority or enlightenment.

—Criss Jami

When emotions are expressed...all systems are united and made whole. When emotions are repressed, denied, not allowed to be whatever they may be, our network pathways get blocked, stopping the flow of the vital feel-good, unifying chemicals that run both our biology and our behavior.

—Candace B. Pert

From a social psychological standpoint, the selfie phenomenon seems to stem from two basic human motives. The first is to attract attention from other people. Because people's positive social outcomes in life require that others know them, people are motivated to get and maintain social attention. By posting selfies, people can keep themselves in other people's minds. In addition, like all photographs that are posted on line, selfies are used to convey a particular impression of oneself. Through the clothes one wears, one's expression, staging of the physical setting, and the style of the photo, people can convey a particular public image of themselves, presumably one that they think will garner social rewards.

—Mark R. Leary

Human nature, though being the product of historical evolution, has certain inherent mechanisms and laws, to discover which is the task of psychology.

—Erich Fromm

When we face our fears, we take their power away.

—Bobby Nelson

Pride has quite a bit to do with hatred. In many a case in which one hates another, one subconsciously begins patterns of cherry-picking and selective hearing: he continues to look only for things about the other person which he can use to justify his hatred, things which will then make him feel less guilty about hating someone. In this regard, hatred is not so much an emotion as it is a decision.

—Criss Jami

Jealousy is the opposite of maintaining and growing in a relationship. Jealousy includes elements of fear, anger, suspicion, and control that have no place in a mature relationship.

—Darrel Ray

It's okay to experience the flow of all emotions; however, if we get caught up in feeling pity for others and take on the responsibility of being their 'savior', we often take away their power to 'save' themselves. If I see someone as 'messed up' then I am projecting my 'messed up' vibration onto them, so I am unable to hold space. Yet, if I already view them as whole, well, and beautiful—then I am able to be a vibrational key (vessel of Spirit) that uplifts their energy so that it may come into alignment with being whole, well, and beautiful. It's not that I do any of the healing; I'm simply a mirror reflecting acceptance and loving them for exactly who they are, right where they are. That is all that is ever truly asked of us, to accept and to love.

—Alaric Hutchinson

Pain is inevitable, yet suffering is optional. It is our heart connections that make all the difference. When we experience mental, physical, emotional, or spiritual pain—love is the one medicine that transcends any synthetic or organic drug we use to suppress pain.

—Alaric Hutchinson

Fear and paranoia create many of our worldly struggles. We get something in our minds and our distorted perception sculpts the reality of what we see. Even though what we see isn't really there, we tend to act as if it is. We then begin to put people and things into boxes, labeling them, and limiting them due to our fears.

—Alaric Hutchinson

Three things make up who we are as individuals: what we think, what we feel, and what we do. If we manage to change any one of these three aspects of ourselves, the other two will follow.

—Rick Cormier

Acknowledgement of the prevalence and impact of trauma challenges psychological theories that localize dysfunction within the individual while ignoring the contribution of social forces on adjustment.

—Rachel E. Goldsmith

Who can understand the covert world of the emotions, the secret life of the mind?

—Roberta Parry

The brain is wider than the sky.

—Emily Dickinson

Great spirits have often overcome violent opposition from mediocre minds.

—Albert Einstein

Cognitive psychology tells us that the unaided human mind is vulnerable to many fallacies and illusions because of its reliance on its memory for vivid anecdotes rather than systematic statistics.

—Steven Pinker

The chief difficulty for those who begin the study of scientific psychology is that all men indulge in popular psychology.

—Karl Friedrich  
Munzinger

The separation of psychology from the premises of biology is purely artificial, because the human psyche lives in indissoluble union with the body.

—Carl Jung

Psychology is a...tricky field, in which even outstanding authorities have been known to run in circles, 'describing things which everyone knows in language which no one understands'.

—Raymond Cattell

It is easier to understand mankind in general than any individual man.

—Francois de la  
Rochefoucauld

Wherever we meet with vital phenomena that present the two aspects, physical and psychical there naturally arises a question as to the relations in which these aspects stand to each other.

—Wilhelm Wundt

Introspection is always retrospection.

—Jean-Paul Sartre

Seeing ourselves as others see us would probably confirm our worst suspicions about them.

—Franklin P. Adams

Perception is a clash of mind and eye, the eye believing what it sees, the mind seeing what it believes.

—Robert Brault

To the intelligent man with an interest in human nature it must often appear strange that so much of the energy of the scientific world has been spent on the study of the body and so little on the study of the mind.

—Edward Thorndike

Nothing is so dangerous to the progress of the human mind than to assume that our views of science are ultimate, that there are no mysteries in nature, that our triumphs are complete and that there are no new worlds to conquer.

—Humphry Davy

Playing the victim role: Manipulator portrays him- or herself as a victim of circumstance or of someone else's behavior in order to gain pity, sympathy or evoke compassion and thereby get something from another. Caring and conscientious people cannot stand to see anyone suffering and the manipulator often finds it easy to play on sympathy to get cooperation.

—George K. Simon Jr.

The moment we accept our pain is the moment we release our suffering. Suffering is created when we offer life resistance, and what we resist most are the experiences that bring us pain.

—Alaric Hutchinson

Being good or being evil is not something that is inherent in our nature over which we have no control, rather we define ourselves by the choices we make, moment by moment, situation by situation. All it takes is an act of will to be the best that we can be.

—Laurence Overmire

The term dissociation is ordinarily used to describe the phenomenon of compartmentalization or fragmentation of mental contents. It does not ascribe any particular mechanism by which the dissociative process occurs. Does dissociation occur as a result of automatic, nonconscious processes, or are there other specific mechanisms by which it occurs? Especially in the context of describing amnesia, the term repression is widely used in connection with several different mechanisms. As it is commonly used, it often implies how individuals may block our memories of uncomfortable or conflictual experiences. If done consciously, the mechanism is more accurately called suppression, which results from actively trying not to think about negative experiences.

—James A. Chu

It seems a pity that psychology has destroyed all our knowledge of human nature.

—G. K. Chesterton

Treating depression often requires that a patient identifies and changes self-defeating thinking. Identifying religion as the problem is especially difficult, since people often retreat to religion to deal with their depression. In reality, however, while religion promises peace and fulfillment, it often creates more of what caused the depression in the first place.

—Darrel Ray

[U]sing religion to treat depression often makes the problem worse. It's like treating the disease with more of the disease. It is effective in getting people to give time and money to the church, but it does not help the victim.

—Darrel Ray

People who suffer the most often inflict the most pain onto others. Compassion can be found through understanding this. When someone is internally suffering, sometimes the only reality they know is that of pain and thus their only knowledge is how to be a victim or an abuser. That's all they are able to communicate. Holding onto the thorn of resentment does not help them or you, but fostering compassion and forgiveness will.

—Alaric Hutchinson

We are never so defenceless against suffering as when we love, never so helplessly unhappy as when we have lost our loved object or its love.

—Sigmund Freud

Experience has taught us that we have only one enduring weapon in our struggle against mental illness: the emotional discovery of our truth about the unique history of our childhood.

—Alice Miller

Many religions start with the notion that the deity is male and that, therefore, males are superior to women. This irrational idea informs boys' sexual map as they grow into men and breeds ideas such as the following: women are subservient to men; men have control over women's bodies; and men are more intelligent and closer to their god.

—Darrel Ray

Humans have an evolved capacity to engage in self-deception in order to navigate through life in a delusional state of blissful ignorance.

—Gad Saad

All the whackjob psychologists out there will tell you that grief is a process. Some say it has five stages. Others say that grief should only last two years at the most, otherwise it's 'abnormal'. Putting an expiration date on grief though is like putting out the flame on a burning candle. It might stop the candle from melting down and falling apart, but in the long run the candle goes solid, freezes in a catatonic state. Take away a person's grief and guaranteed they'll only be a frozen shell of a human being afterwards. Grief is only love, it's nothing to hide or send away with happy pills and mother's little helpers. Grief is a lifeline connecting two people who are in different realms together, and it's a sign of loyalty and hope.

—Rebecca McNutt

The desperate need to belong is perhaps never as great as during adolescence. Advertisers seek to communicate with teenagers by frequently using that powerful appeal.

—Gad Saad

There are few things ever dreamed of, smoked or injected that have as addictive an effect on our brains as technology. This is how our devices keep us captive and always coming back for more. The definitive Internet act of our times is a perfect metaphor for the promise of reward: we search. And we search. And we search some more, clicking that mouse like – well, like a rat in a cage seeking another 'hit', looking for the elusive reward that will finally feel like enough.

—Kelly McGonigal

As conscious beings, we are capable of understanding that we will die some day. We also have the ability to imagine a world after we die. Religion hijacks this ability and injects fear of eternal torture and abandonment as well as the promise of eternal bliss. A perfect carrot and stick approach. The ability to imagine what is beyond the horizon of death is what allows religion to take control and make us do unnatural things.

—Darrel Ray

The pain I feel from the razor blade doesn't even come close to what I'm feeling inside so it's useless because the equation is messed up: because razor blade pain should be equal to or greater than the heartache, that's just CUTTING 101. And if it's not—well you're fucked, my friend. It was nice knowing you, but you know what time it is?

It's time to let the darkness in.

Quid pro quo and all that.

It's time to find something more agonizing than the touch of the blade.

—Kady Hunt

The child psychologist's clinic: where imaginary friends go to die, where dreams go to burn, where creativity goes to drown.

—Rebecca McNutt

Narcissistic fathers leave their daughters with deep doubts about whether a man can love them, since the first important man in their life was so in love with himself that he had no love left for them. If you are a daughter of a narcissistic father you may have withdrawn from men and bound yourself to mother, either overtly or emotionally. Or you may be engaged in a self-destructive attempt to be his kind of girl, whatever that is, as you try desperately to extract his love. Perhaps you have transferred this into a masochistic position with other men, finding a narcissistic man incredibly attractive as you try to master the mystery of winning his love. And narcissistic men appeal to you because you wish you could be that way yourself - assertive, not giving a damn, self-important - but you lack the confidence to do it yourself so you identify with the man who has their quality, even if it's at your expense. (I have often seen this revealed in those instances where a woman has suffered through a degradingly submissive and abusing relationship with a man, or a series of men, and then, gaining the strength to break that kind of bondage, violently overturns the tables and abuses that man, or the next man in her life, as degradingly as she was misused. It's not just revenge, but the release of hidden desire to be powerful and to be able to control father and make him beg for her love.)

—Howard M. Halpern

The idea that you have to be protected from any kind of uncomfortable emotion is what I absolutely do not subscribe to.

—John Cleese

Hatred is self-punishment.

--Hosea Ballou

Issue a blanket pardon. Forgive everyone who has ever hurt you in any way. Forgiveness is a perfectly selfish act. It sets you free from the past.

—Brian Tracey

Take two kids in competition for their parents' love and attention. Add to that the envy that one child feels for the accomplishments of the other; the resentment that each child feels for the privileges of the other; the personal frustrations that they don't dare let out on anyone else but a brother or sister, and it's not hard to understand why in families across the land, the sibling relationship contains enough emotional dynamite to set off rounds of daily explosions.

--Adele Faber

If you hate a person, you hate something in him that is part of yourself. What isn't part of ourselves doesn't disturb us.

—Hermann Hesse

Let people realize clearly that every time they threaten someone or humiliate or hurt unnecessarily or dominate or reject another human being, they become forces for the creation of psychopathology, even if these be small forces. Let them recognize that every man who is kind, helpful, decent, psychologically democratic, affectionate, and warm, is a psychotherapeutic force even though a small one.

—Abraham H. Maslow

You're only as sick as your secrets.

—David Gregory

Half of the harm that is done in this world is due to people who want to feel important. They don't mean to do harm. But the harm does not interest them. They are absorbed in the endless struggle to think well of themselves.

—T. S. Eliot

An old Cherokee took his grandson aside and told him, 'My son, there's a battle between two wolves inside us all. One represents anger, jealousy, greed, resentment, inferiority, dishonesty and selfishness. The other one represents joy, peace, love, hope, humility, kindness, compassion and truth.'

The boy gave this some thought and eventually asked, 'Which one wins?'

'The one you feed,' responded the wise old Cherokee.

—Unknown

One of the hardest lessons in life is letting go. Whether it's guilt, anger, love, loss or betrayal. Change is never easy. We fight to hold on and we fight to let go. If you've been hurt until it breaks your soul into pieces, your perspective in life will definitely change, and no one and nothing in this world could ever hurt you again.

—Mareez Reyes

So that in the nature of man, we find three principal causes of quarrel. First, competition; secondly, diffidence; thirdly, glory. The first makes men invade for gain; the second, for safety; and the third, for reputation. The first use of violence, to make themselves masters of other men's persons, wives, children, and cattle; the second, to defend them; the third, for trifles, as a word, a smile, a different opinion, and any other sign of undervalue, either direct in their persons, or by reflection in their kindred, their friends, their nation, their profession, or their name.

—Thomas Hobbes

I know I'm not mentally qualified to own a gun, because at least five times a day I think, 'I wish I had a gun right now.'

—Jim Norton

At the core of all anger is a need that is not being fulfilled.

—Marshall B. Rosenberg

See the child in the man or woman. Even if they are destroying you, allow a moment to see how lost in their own delusion and suffering they are.

—Alice Walker

A father is available to help his daughter balance both her love and her anger toward her mother, to moderate the inevitable emotional extremes in the intense mother-daughter equation. With Daddy's steadying influence daughters can learn to be comfortable with healthy anger, rather than feeling that they must be eternal good girls who must at all costs conceal it.

—Victoria Secunda

The unsuccessful bully can always become the father of a family.

--Rebecca West

Every obnoxious act is a cry for help.

—Zig Ziglar

Women fail to understand how much men hate them.

--Germaine Greer

A woman once told me that when her mother was approaching the age of menopause, her father sat the whole family down and said, 'Kids, your mother may be going through some changes now, and I want you to be prepared. Your Uncle Ralph told me that when your Aunt Carol went through the change, she threw a leg of lamb right out the window!' Although this story fits beautifully into the stereotype of the 'crazy' menopausal woman, it should not be overlooked that throwing the leg of lamb out the window may have been Aunt Carol's outward expression of the process going on within her soul: the reclaiming of self. Perhaps it was her way of saying how tired she was of waiting on her family, of signaling to them that she was past the cook/chauffeur/dishwasher stage of life. For many women, if not most, part of this reclamation process includes getting in touch with anger and, perhaps, blowing up at loved ones for the first time.

--Christiane Northrup

Whether it's for a fraternity, sports team, club, or some other selective group, guys put up with ceremonial degradation in order to be accepted, liked, and aligned with the in crowd.

--Scott Smith

Men are not gentle, friendly creatures wishing for love, who simply defend themselves if they are attacked, but...a powerful measure of desire for aggressiveness has to be reckoned as part of their instinctual endowment. The result is that their neighbor is to them not only a possible helper or sexual object, but also a temptation to them to gratify their aggressiveness...to seize his possessions, to humiliate him, to cause him pain, to torture and to kill him...

Anyone who calls to mind the atrocities of the early migrations, of the invasion of the Hun or the so-called Mongols under Genghis Khan and Tamerlane, of the sacks of Jerusalem by the pious crusaders, even indeed the horrors of the last world war, will have to bow his head humbly before the truth of this view of man.

—Sigmund Freud

Every criticism, judgment, diagnosis, and expression of anger is the tragic expression of an unmet need.

—Marshall B. Rosenberg

Man is the only animal who causes pain to others with no other object than wanting to do so.

--Arthur Schopenhauer

Those who are at war with others are not at peace with themselves.

—William Hazlitt

Experimental studies consistently point out that the popular remedy for anger, ventilation, is really worse than useless. In fact, the reverse seems to be true: expressing anger tends to make you even angrier and solidifies an angry attitude.

—Judith McKay

The inclination to aggression...constitutes the greatest impediment to civilization.

--Sigmund Freud

That man is an aggressive creature will hardly be disputed. With the exception of certain rodents, no other vertebrate habitually destroys members of its own species.

--Anthony Storr

We do not know how many important behavior patterns of man include aggression as a motivating factor, but I believe it occurs in a great many. What is certain is that, with the elimination of aggression...the tackling of a task or problem, the self-respect without which everything that a man does from morning till evening from the morning shave to the sublimest artistic or scientific creations, would all lose impetus; everything associated with ambition, ranking order, and countless other equally indispensable behavior patterns would probably also disappear from human life.

--Konrad Lorenz

Don't be afraid to express anger (hiding it is even more stressful than letting it out), but choose your fights; don't hassle over every little thing....You can also give in once in a while, instead of always insisting you are right and others are wrong.

--Jane E. Brody

Anger is momentary madness, so control your passion or it will control you.

--Horace

Nine-tenths of mankind are more afraid of violence than of anything else.

--Walter Bagehot

We must interpret a bad temper as the sign of an inferiority complex.

--Dr. Alfred Adler

People who hurt other people have usually been hurt so badly themselves that all they know how to do is hurt back.

--Terry McMillan

The price of hating other human beings is loving oneself less.

--Eldridge Cleaver

At the individual level, violence detoxifies. It eliminates the colonial's inferiority complex, his meditative or hopeless attitudes. It makes him courageous (and) rehabilitates him in his own eyes.

--Franz Fanon

Anger is the common refuge of insignificance. People who feel their character to be slight, hope to give it weight by inflation: but the blown bladder at its fullest distention is still empty.

--Hannah More

Everything that irritates us about others can lead us to an understanding of ourselves.

--Carl Jung

Be gentle and patient with people. Everybody's bruised.

--Katie Lambert

Violence among young people is an aspect of their desire to create. They don't know how to use their energy creatively so they do the opposite and destroy.

--Anthony Burgess

Drunkenness is temporary suicide: the happiness that it brings is merely negative, a momentary cessation of unhappiness.

--Bertrand Russell

What is dangerous about the tranquilizers is that whatever peace of mind they bring is a packaged peace of mind. Where you buy a pill and buy peace with it, you get conditioned to cheap solutions instead of deep ones.

--Max Lerner

Drunkenness is nothing but voluntary madness.

--Seneca

Jellinek's disease (alcoholism) is responsible for:

50 percent of all auto fatalities

80 percent of all home violence

30 percent of all suicides

60 percent of all child abuse

65 percent of all drownings

It is estimated that when a woman contracts the disease, her husband leaves her in nine out of ten cases; when a man contracts it, his wife leaves in one out of ten cases.

--Kathleen Whalen  
Fitzgerald

The true evil of drink lies in the disillusion: that the initial pleasure very soon evaporates, leaving a demoralizing craving for more, which is not even temporarily pleasurable. Which then leads to deterioration of the faculties of both body and mind; plus a bewildering lack of co-operation between the two.

--Caitlin Thomas

It is most absurdly said, in popular language, of any man, that he is disguised in liquor; for, on the contrary, most men are disguised by sobriety.

--Thomas de Quincy

When you stop drinking, you have to deal with that marvelous personality that started you drinking in the first place.

--Jimmy Breslin

When the drug trip or alcohol binge is over, the problems will have remained the same or gotten worse.

--Recovering 16-year-old

If you must drink, drink when you're happy. It'll make you happier. If you drink when you're miserable, it'll only make you more so. Drinkers are people who're looking for easy solutions to their problems. The shortcuts. There aren't any. Problems have to be faced and solved. You don't do anything with them by getting besotted and pretending they don't exist.

--Katharine Hepburn

Liquor is such a nice substitute for facing adult life.

--Dorothy B. Hughes

It never occurred to me to stop using drugs. The classic agony of addiction. You can't stop and you can't go on. The pain of living without drugs was as bad as the pain of living with drugs. When you use drugs in such a willful way, you're transgressing some elemental code. You're destroying yourself, and body and soul recoils at it...Unfortunately...there is only one conclusion, and that is death (by misadventure).

--Marianne Faithfull

Sigmund Freud relied heavily on drugs to manage his anxiety. Six of his earliest scientific papers described the benefits of cocaine, which, he used regularly for at least a decade, beginning in the 1880s. Only after he prescribed the stimulant to a close friend who became fatally addicted did Freud's enthusiasm wane.

--Scott Stossel

My father was predisposed to drunken rages. I would hide under the bed. My sister and I were talking just the other day about the terror a drunken man in a rage can create in a child.

--Antonio Villaraigosa

The public health authorities never mention the main reason many Americans have for smoking heavily, which is that smoking is a fairly sure, fairly honorable form of suicide.

—Kurt Vonnegut

People develop drinking problems through a chemical process: each time they drink, the endorphins released in the brain strengthen certain synapses. The stronger these synapses grow, the more likely the person is to think about, and eventually crave, alcohol—until almost anything can trigger a thirst for booze, and drinking becomes compulsive.

—John David Sinclair

I went to a doctor and told him I felt normal on acid, that I was a light bulb in a world of moths. That is what the manic state is like.

—Carrie Fisher

It is impossible to understand addiction without asking what relief the addict finds, or hopes to find, in the drug or the addictive behaviour.

—Gabor Maté

The use of tobacco, alcohol, and other drugs is not an isolated behavior. It is linked to a host of other unhealthful adolescent problems such as suicide, school failure, family conflict, teen pregnancy, and criminal acts. The tendency of schools is to address each problem separately—as if they were not connected. It is essential that schools and local groups work together in well-coordinated partnerships.

—James R. Smith

In the inner-city school, 86 percent of students received free or reduced-price lunches; in the suburban school, 1 percent did. Yet in the richer school, the proportion of kids who smoked, drank, or used hard drugs was significantly *higher* as was the rate of serious anxiety and depression.

—Hanna Rosin citing a  
Yale psychiatry  
department study  
by Suniya Luthar

I destroyed my body for a peace of mind I never got.

—*www.HealthyPlace.com*

Alcohol is necessary for a man so that he can have a good opinion of himself, undisturbed by the facts.

—Finley Peter Dunne

The Good Parent who naively assumes that preventing a teenager from drinking will help him or her in the college-admissions stakes is dead wrong. A teenager growing up in one of the success factories—the exceptional public high school in the fancy zip code, the prestigious private school—will oftentimes be a person whose life is composed of extremes: extreme studying, extreme athletics, extreme extracurricular pursuits, and extreme drinking. Binge drinking slots in neatly with the other, more obviously enhancing endeavors.

—Caitlin Flanagan

College drinking, including extreme heavy drinking, has been a tradition since the 19th century. Because of this, it can be hard to convince middle-aged people that something has changed. But the consistent—at times urgent, at times resigned—report from college officials is that something has gone terribly awry and that huge numbers of students regularly transform the American campus into a college-themed spin-off of *The Walking Dead*. They vomit endlessly, destroy property, become the victims or perpetrators of sexual events ranging from the unpleasant to the criminal, get rushed off in ambulances, and join the ever-growing waiting lists for counseling. Depression and anxiety go hand in hand with heavy drinking, and both are at epidemic proportions on campus.

—Caitlin Flanagan

The point of college binge drinking today is that there are no limits. Blacking out isn't a mistake; blacking out is the goal.

—Caitlin Flanagan

What are these kids really vomiting up every weekend at their fancy colleges? Is it really just 12 shots of apple-flavored vodka? Or is it a set of values, an attitude toward the self and toward others, that has become increasingly hard for them to stomach?

—Caitlin Flanagan

No drug, not even alcohol, causes the fundamental ills of society. If we're looking for the source of our troubles, we shouldn't test people for drugs, we should test them for stupidity, ignorance, greed and love of power.

—P. J. O'Rourke

A New Zealand study found lower IQs among adults who reported smoking a lot of dope when young. There's also some evidence that young pot smokers are more likely to develop schizophrenia and psychosis later in life.

—Joe Kita

People use drugs, legal and illegal, because their lives are intolerably painful or dull. They hate their work and find no rest in their leisure. They are estranged from their families and their neighbors. It should tell us something that in healthy societies drug use is celebrative, convivial, and occasional, whereas among us it is lonely, shameful, and addictive. We need drugs, apparently, because we have lost each other.

—Wendell Berry

Alcohol is the anesthesia by which we endure the operation of life.

--George Bernard Shaw

The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated.

—Plato

By what incomprehensible mechanism are our organs held in subjection to sentiment and thought? How is it that a single melancholy idea shall disturb the whole course of the blood; and that the blood should in turn communicate irregularities to the human understanding? What is that unknown fluid which certainly exists and which, quicker and more active than light, flies in less than the twinkling of an eye into all the channels of life,—produces sensations, memory, joy or grief, reason or frenzy,—recalls with horror what we would choose to forget; and renders a thinking animal, either a subject of admiration, or an object of pity and compassion?

—Voltaire

This may sound like a bunch of psychobabble, but the truth is that we are all filled with contradictions; personality is fluid not black and white. And, well...we are all both strong and weak. That's what it means to be human. We all have flaws, weaknesses. The real strength is when we can admit these to ourselves and become able to show them to others.

—Jacqueline Simon  
Gunn

Psychology is more concerned with identifying the degree of mental disorder and less with its cure!

—Ramana Pemmaraju

Quiet people always know more than they seem. Although very normal, their inner world is by default fronted mysterious and therefore assumed weird. Never underestimate the social awareness and sense of reality in a quiet person; they are some of the most observant, absorbent persons of all.

—Criss Jami

We judge ourselves by our intentions but others by their actions. We tend to think other people's mistakes are caused by character flaws while our mistakes are due to situational factors.

'I had a headache on the day of the examine, but he's not very smart.'

Then we have the opposite. Our good behavior is attributable to fundamental traits while other people's is temporary and situational.

'I'm returning this wallet to lost and found because I'm a moral and ethical person. Others do so only if they're seen picking it up.'

Thus we own our strengths and disavow our weaknesses. This is a big obstacle to overcoming self-destructive behavior. It justifies all our attempts to deny or put off our need to change and rationalizes the consequences of our actions.

—Richard O'Connor, PhD

If you're rational you don't get to believe whatever you want to believe.

—Michael Huemer

If I want to understand an individual human being, I must lay aside all scientific knowledge of the average man and discard all theories in order to adopt a completely new and unprejudiced attitude. I can only approach the task of understanding with a free and open mind, whereas knowledge of man, or insight into human character, presupposes all sorts of knowledge about mankind in general.

—Carl G. Jung

Try and set yourself the task not to think of a white bear, and the cursed thing comes to mind every minute.

—Fyodor Dostoyevsky

Daydream, which is to thought as the nebula is to the star, borders on sleep, and is concerned with it as its frontier. An atmosphere inhabited by living transparencies: there's a beginning of the unknown. But beyond it the Possible opens out, immense. Other beings, other facts, are there. No supernaturalism, only the occult continuation of infinite nature. . . . Sleep is in contact with the Possible, which we also call the improbable. The world of the night is a world. Night, as night, is a universe. . . . The dark things of the unknown world become neighbors of man, whether by true communication or by a visionary enlargement of the distances of the abyss . . . and the sleeper, not quite seeing, not quite unconscious, glimpses the strange animalities, weird vegetations, terrible or radiant pallors, ghosts, masks, figures, hydras, confusions, moonless moonlights, obscure unmakings of miracle, growths and vanishings within a murky depth, shapes floating in shadow, the whole mystery which we call Dreaming, and which is nothing other than the approach of an invisible reality. The dream is the aquarium of Night.

—Victor Hugo

It seems to be almost a law of human nature that it is easier for people to agree on a negative programme, on the hatred of an enemy, on the envy of those better off, than on any positive task. The contrast between the 'we' and the 'they', the common fight against those outside the group, seems to be an essential ingredient in any creed which will solidly knit together a group for common action. It is consequently always employed by those who seek, not merely support of a policy, but the unre-served allegiance of huge masses. From their point of view it has the great advantage of leaving them greater freedom of action than almost any positive programme.

—Friedrich Hayek

One of the most dangerous things that can happen to a child is to kill or torture an animal and get away with it.

—Margaret Mead

The mistake we make in thinking of character as something unified and all-encom-passing is very similar to a kind of blind spot in the way we process information. Psychologists call this tendency the Fundamental Attribution Error (FAE), which is a fancy way of saying that when it comes to interpreting other people's behavior, human beings invariably make the mistake of overestimating the importance of fundamental character traits and underestimating the importance of situation and context.

—Malcolm Gladwell

We all do things in a certain individual way, according to our temperaments. Every human act — no matter how large or how small— is a direct expression of a man's personality, and bears the inevitable impress of his nature.

—S. S. Van Dine

Neurotics build castles in the air, psychotics live in them. My mother cleans them.

—Rita Rudner

All violence is an attempt to replace shame with self-esteem.

—James Gilligan

Co-rumination: the problem of talking too much about anything. Specifically,... when girls rehash their problems excessively, it leads to depression, anxiety, and a sense of hopelessness.

— Irene S. Levine

The subconscious has good data and poor judgement.

—Sarah Thiessen

We are a biological species arising from Earth's biosphere as one adapted species among many; and however splendid our languages and cultures, however rich and subtle our minds, however vast our creative powers, the mental process is the product of a brain shaped by the hammer of natural selection upon the anvil of nature.

—Edward O. Wilson

This time once again it has been my chief aim to make no sacrifice to an appearance of being simple, complete or rounded off, not to disguise problems and not to deny the existence of gaps and uncertainties. In no other scientific field would it be necessary to boast of such modest intentions. They are universally regarded as self-evident; the public expects nothing else. No reader of an account of astronomy will feel disappointed and contemptuous of the science if he is shown the frontiers at which our knowledge of the universe melts into haziness. Only in psychology is it otherwise. There mankind's constitutional unfitness for scientific research comes fully into the open. What people seem to demand of psychology is not progress in knowledge, but satisfactions of some other sort; every unsolved problem, every admitted uncertainty is made into a reproach against it.

Whoever cares for the science of mental life must accept these injustices along with it.

—Sigmund Freud

It's not a secret that the best predictor of future behavior is past behavior.

—Lee Johnson

Being in a state of denial is a universally human response to situations which threaten to overwhelm. People who were abused as children sometimes carry their denial like precious cargo without a port of destination. It enabled us to survive our childhood experiences, and often we still live in survival mode decades beyond the actual abuse. We protect ourselves to excess because we learned abruptly and painfully that no one else would.

—Sarah E. Olson

A child who fears excessive retaliation for even minor offenses will learn very early on that to lie is to protect himself....If your child intuits that you will react very punitively to his wrongdoing, he may be tempted to lie and may become, as time goes on, a habitual liar.

--Lawrence Balter

We tell lies when we are afraid... afraid of what we don't know, afraid of what others will think, afraid of what will be found out about us. But every time we tell a lie, the thing that we fear grows stronger.

—Tad Williams

Lying has long been a part of everyday life. We couldn't get through the day without being deceptive.

—Leonard Saxe, Ph.D.

The big problem with lying is that it becomes an addiction. When you get away with a lie it often drives you to continue your deceptions, and in the process, we ruin relationships, hurt others, lose our integrity, and lose our peace. Truth becomes a feared enemy of the liar. It's a sick and tragic cycle that doesn't ever have a happy ending.

—Dawson McAllister

'Honesty,' without compassion and understanding, is not honesty, but subtle hostility.

--Dr. Rose N. Franzblau

We lie loudest when we lie to ourselves.

--Eric Hoffer

A 2009 survey...found that 51 percent of teens age 17 or younger believed that cheating was necessary for success while only 10 percent of people older than 50 thought the same.

--Julie Beck

In a 2012 study testing prior findings that men are less honest than women, researchers found that women are just as likely to lie for a financial reward—if that reward is big enough.

--Julie Beck

No mortal can keep a secret. If his lips are silent, he chatters with his finger-tips; betrayal oozes out of him at every pore.

--Sigmund Freud

A lie would have no sense unless the truth were felt dangerous.

—Alfred Adler

For us to maintain our way of living, we must tell lies to each other and especially to ourselves. The lies are necessary because, without them, many deplorable acts would become impossibilities.

—Derrick Jensen

Lying to oneself is a nearly universal human trait, to one degree or another. But some consciousness of the truth usually lurks; reminders make the liar brittle and defensive.

—T. J. Stiles

The woman whose behavior indicates that she will make a scene if she is told the truth asks to be deceived.

—Elizabeth Jenkins

Above all, don't lie to yourself. The man who lies to himself and listens to his own lie comes to a point that he cannot distinguish the truth within him, or around him, and so loses all respect for himself and for others. And having no respect he ceases to love.

—Fyodor Dostoyevsky

If you want to help someone, tell him the truth. If you want to help yourself, tell him what he wants to hear.

—Thomas Sowell

Those who never retract their opinions love themselves more than they love the truth.

—Joseph Joubert

Indeed, what the witness *thinks* is truth consigns truth to the very dubious area of sense data interpretation. Such interpretation must be purely subjective and need not have anything to do with the way things actually are.

—Manuel Velasquez and  
Vincent Berry

The most common emotional defense is avoidance (an ineffective coping skill for any stressor) as expressed through denial (e.g., 'That wasn't really bad, I barely remember it').

—Brian Luke Seaward

Nothing gets transformed in your life until your mind is transformed.

—Ifeanyi Enoch Onuoha

Early relational trauma results from the fact that we are often given more to experience in this life than we can bear to experience consciously. This problem has been around since the beginning of time, but it is especially acute in early childhood where, because of the immaturity of the psyche and/or brain, we are ill-equipped to metabolize our experience. An infant or young child who is abused, violated or seriously neglected by a caretaking adult is overwhelmed by intolerable affects that are impossible for it to metabolize, much less understand or even think about.

—Donald Kalsched

The moment we refuse to hurt others because of our own pain, is the time we evolve as souls.

—Aleksandra Ninkovic

Many people say that psychiatrists just want to push drugs. Well I seriously have to say, without medication, I'd be locked up in a VA hospital somewhere.

—Stanley Victor  
Paskavich

The best way to overcome depression is to work it to death. Whether it be your body or your mind, just be active and some relief you'll find.

—Stanley Victor  
Paskavich

You think you're losing your mind, but do keep in mind, as long as you may, that the ability to go on thinking such a thing means it's not all gone.

—Criss Jami

Human Nature is not a problem that can be fixed by rules and regulations. All solutions to the existing problems must be based on how people behave, not on how we think they should behave.

—Kirk Chisholm

Century after century, the belief that an individual's physical health was independent of his or her emotional health has so dominated medical thought that there has even been open contempt for anyone who would dare to claim that a person's physical well-being is the sum of its internal and external influences.

—Sandy Oshiro Rosen

The reason we have such a difficult time losing weight permanently is not because we are making bad choices, but because we are not stopping our automatic subconscious programmed behaviors in their tracks.

—Elaine Moran

The more we explore, understand, and even come to appreciate our own self-destructive mental attitudes, the more control we gain over our minds.

—Karuna Cayton

Historians are wont to name technological advances as the great milestones of culture, among them the development of the plow, the discovery of smelting and metalworking, the invention of the clock, printing press, steam power, electric engine, lightbulb, semiconductor, and computer. But possibly even more transforming than any of these was the recognition by Greek philosophers and their intellectual descendants that human beings could examine, comprehend, and eventually even guide or control their own thought process, emotions, and resulting behavior.

With that realization we became something new and different on earth: the only animal that, by examining its own cerebration and behavior, could alter them. This, surely, was a giant step in evolution. Although we are physically little different from the people of three thousand years ago, we are culturally a different species. We are the psychologizing animal.

—Morton Hunt

The self-centered man will always expect nothing but praise. He will hope and expect all incoming criticism to be mere self-projection from the critic because when you're self-centered, self-projection is all you can imagine one can do.

—Criss Jami

Often, our misunderstandings about love are born in disruptive family relationships, where someone was either one-up or one-down to an extreme. There is an appropriate and necessary difference in the balance of power between parents and young children, but in the best situations, there should be no power struggles by the time those children have become adults - just deep connection, trust, and respect between people who sincerely care about each other.

In disruptive families, children are taught to remain one-up or one-down into adulthood. And this produces immature adults who either seek to dominate others (one-up) or who allow themselves to be dominated (one-down) in their relationships - one powerful and one needy, one enabling and one addicted, one decisive and one confused.

In relationships with these people, manipulation abounds. Especially when they start to feel out of control.

—Tim Clinton

The ability to delude yourself may be an important survival tool.

—Jane Wagner

The law (of least effort) asserts that if there are several ways of achieving the same goal, people will eventually gravitate to the least demanding course of action. In the economy of action, effort is a cost, and the acquisition of skill is driven by the balance of benefits and costs. Laziness is built deep into our nature.

—Daniel Kahneman

As cliché as it might sound, I'd rather lose than win by cheating. The latter is a much deeper, more personal loss in that one is admittedly whispering to himself his lack of competence. His cheating then begets more cheating, as he is ever-privately, ever-subconsciously insulting himself; thus, gradually deteriorating any remaining confidence.

—Criss Jami

Every act of dishonesty has at least two victims: the one we think of as the victim, and the perpetrator as well. Each little dishonesty ... makes another little rotten spot somewhere in the perpetrator's psyche.

—Lesley Conger

Man has such a predilection for systems and abstract deductions that he is ready to distort the truth intentionally, he is ready to deny the evidence of his senses only to justify his logic.

--Fyodor Dostoyevsky

When a man is penalized for honesty he learns to lie.

—Criss Jami

It's in our biology to trust what we see with our eyes. This makes living in a carefully edited, overproduced and photoshopped world very dangerous.

—Brené Brown

Your life is a trajectory. Every choice you make alters that trajectory, in a positive or negative way. Will you categorize that dinner with friends as a business expense? Will you be honest with your daughter? Will you take more credit than you're due? These are just the small questions that we face every day, and little by little, the answers influence the trajectory of our lives and beings.

—Donald Van de Mark

Be honest. This applies to every area of your life. Sketchiness is not an attractive trait. No more trying to cover up your baggage, sweeping things under the rug, withholding truth, blatant lying, or even telling seemingly 'harmless' white lies or half-truths – release the need to lie completely! Start NOW.

—Alaric Hutchinson

The trouble with addicted people, communities, corporations, or countries is that they tend to lie, cheat, or steal to get their 'fix.'

--Helen Caldicott

Anyone who insists on condemning all lies should ponder what would happen if we could reliably tell when our family, friends, colleagues, and government leaders were deceiving us. It's tempting to think that the world would become a better place when purged of the deceptions that seem to interfere with our attempts at genuine communication or intimacy. On the other hand, perhaps our social lives would collapse under the weight of relentless honesty, with unveiled truths destroying our ability to connect with others. The ubiquity of lying is clearly a problem, but would we want to will away all of our lies? Let's be honest.

—Allison Kornet

Those little white lies might not be so harmless after all, say neuroscientists. In a new British study published in the journal *Nature Neuroscience*, brain scans of the amygdala—the region that responds to unpleasant emotional experiences—show that the brain became desensitized with each successive falsehood. The more we lie, the less the brain responds. The result, researchers said, is a 'slippery slope: What begins as small acts of dishonesty can escalate into larger transgressions.'

—Candy Sagon

Human beings seem to have an almost unlimited capacity to deceive themselves, and to deceive themselves into taking their own lies for truth.

--R. D. Laing

What we do not confront, we inhabit.

What we do not reject, we accept.

What we do not fight, we become.

—Stefan Molyneux

At first, when a child meets something that scares him, the fear grows, like a wave. But when he goes into the water and swims - gets used to the water - the wave grows small. If we pull the child away when the wave is high, he never sees that, never learns how to swim and remains afraid. If he gets a chance to feel strong, in control, that's called coping. When he copes, he feels better.

—Jonathan Kellerman

All depression has its roots in self-pity, and all self-pity is rooted in people taking themselves too seriously.

—Tom Robbins

A child who is being abused on an ongoing basis needs to be able to function despite the trauma that dominates his or her daily life. That becomes the job of at least one ANP [apparently normal part of the personality], whom the child creates to be unaware of the abuse and also of the multiplicity, and to ‘pass as normal’ in the real world. The ANP is just an alter specialized for handling the adult world—in other words, the ‘front person’ for the system.

—Alison Miller

How often – I continue reflecting – is it that we see what we want to see, rather than what is really before our eyes. In the trade we call this confirmation bias, and our brains are riddled with it. We take a position on something and thereafter only see whatever confirms that position, ignoring all evidence to the contrary.

—John Dolan

Vertigo is something else than the fear of falling. It is the voice of emptiness below us which tempts and lures us, it is the desire to fall, against which, terrified, we defend ourselves.

—Milan Kundera

People, in general, tend to project onto others their own state of mind. Well-meaning people inevitably assume other people are well meaning. People who cheat assume everyone cheats. People who deceive assume everybody deceives.

—Anna C. Salter

Psychology is sometimes called a new science. This is quite wrong. Psychology is, perhaps, the oldest science, and, unfortunately, in its most essential features a forgotten science.

—P. D. Ouspensky

When a child is forced to prove himself as capable, results are often disastrous. A child needs love, acceptance, and understanding. He is devastated when confronted with rejection, doubts, and never ending testing.

—Virginia M. Axline

It is my belief that all of us suffer from some kind of mental instability. What would you say if I told you we all are a little crazy?

—Shyreen Tyler

The best way to escape from a problem is to solve it.

--Brendan Francis

If each of us were to confess his most secret desire, the one that inspires all his plans, all his actions, he would say: 'I want to be praised.'

--E. M. Cioran

We are all motivated by a keen desire for praise, and the better a man is, the more he is inspired by glory.

--Cicero

I have only got down on to paper, really, three types of people: the person I think I am, the people who irritate me, and the people I'd like to be.

—E. M. Forster

We fear violence less than our own feelings. Personal, private, solitary pain is more terrifying than what anyone else can inflict.

—Jim Morrison

The worst disease which can afflict executives in their work is not, as popularly supposed, alcoholism; it's egotism.

—Robert Frost

It would be difficult to exaggerate the degree to which we are influenced by those we influence.

—Eric Hoffer

Perfection seems like the goal. It's impressive to see the pressure perfectionists put on themselves. It seems as if they work on a higher order. But maybe they are just frozen—focused myopically on perfectionism rather than the goal of the project. Perfection often causes paraplegia because we forget that it's not perfection we need. It's a solution that moves us forward.

—Danny Gregory

Perfection is hard to achieve and always impermanent. The exact right solution for a given time will always wear out its perfection. Otherwise we wouldn't have evolution—empires would not crumble, champions would not fall. The universe is always in flux, so waiting endlessly for perfection just means you'll miss the boat.

—Danny Gregory

Reality is never as bad as a nightmare, as the mental tortures we inflict on ourselves.

—Sammy Davis, Jr.

No lower can a man descend than to interpret his dreams into gold and silver.  
—Kahlil Gibran

Tantrums are seldom about the thing they appear to be about.  
—Diana Wynne Jones

Shame is internalized when one is abandoned. Abandonment is the precise term to describe how one loses one's authentic self and ceases to exist psychologically.  
—John Bradshaw

Theories without data are like daydreams.  
—Jonathan Rottenberg

Although psychology and pedagogy have always maintained the belief that a child is a happy being without any conflicts, and have assumed that the sufferings of adults are the results of the burdens and hardships of reality, it must be asserted that just the opposite is true. What we learn about the child and the adult through psychoanalysis shows that all the sufferings of later life are for the most part repetitions of these earlier ones, and that every child in the first years of life goes through an immeasurable degree of suffering.  
—Melanie Klein

Hearing has consequences. When I truly hear a person and the meanings that are important to him at that moment, hearing not simply his words, but him, and when I let him know that I have heard his own private personal meanings, many things happen. There is first of all a grateful look. He feels released. He wants to tell me more about his world. He surges forth in a new sense of freedom. He becomes more open to the process of change. I have often noticed that the more deeply I hear the meanings of the person, the more there is that happens. Almost always, when a person realizes he has been deeply heard, his eyes moisten. I think in some real sense he is weeping for joy. It is as though he were saying, 'Thank God, somebody heard me. Someone knows what it's like to be me.'  
—Carl Rogers

Young children, who for whatever reason are deprived of the continuous care and attention of a mother or a substitute-mother, are not only temporarily disturbed by such deprivation, but may in some cases suffer long-term effects which persist.  
—John Bowlby

For children, parents are a yardstick for normalcy.

—Upasana Saraf

Using time, pressure and patience, the universe gradually changes caterpillars into butterflies, sand into pearls, and coal into diamonds. You're being worked on too, so hang in there. Just because something isn't apparent right now, doesn't mean it isn't happening. It's not until the end do you realize, sometimes your biggest blessings were disguised by pain and suffering. They were not placed there to break you, but to make you.

—John Geiger

Social scientists and psychologists are conducting research studies that clearly show that when we behave and act as if we are happy, confident, healthy or in love, we become happy, confident, healthy and in love.

—Cynthia Sue Larson

Translation error is compounded by bias error. We distort others by forcing into them our preferred ideas and gestalts, a process Proust beautifully describes: We pack the physical outline of the creature we see with all the ideas we already formed about him, and in the complete picture of him which we compose in our minds, these ideas have certainly the principal place. In the end they come to fill out so completely the curve of his cheeks, to follow so exactly the line of his nose, they blend so harmoniously in the sound of his voice that these seem to be no more than a transparent envelope, so that each time we see the face or hear the voice it is our own ideas of him which we recognize and to which we listen.

—Irvin D. Yalom

After years of research, depth psychologists and others argue that each sex carries both the psychological and physical traits of the other. No man is purely masculine, just as there is no purely feminine woman. Jungian psychologists call the feminine characteristics of the male psyche the Anima; the female psyche's masculine characteristics they call the Animus.

Both the Animus and Anima develop in complex fashion as the personality grows to maturity. Neither men nor women can reach psychological maturity without integrating their respective contrasexual other. A man's female elements enhance his manhood, just as a woman's male aspects enhance her womanhood.

—Douglas Gillette

The word 'choice' is a fraud while people choose only what they have been taught to choose.

—Idries Shah

Stories serve multiple purposes. At a basic level they are great entertainment, which is essential for living a happy and healthy life, but on a deeper level stories help us explore issues that are otherwise difficult to address. On one hand a good book helps us escape our troubles, and on the other hand it can help us face up to those troubles by bringing real issues to the fore, often in a more manageable way, since the problems are experienced vicariously through the eyes of another.

—Dean F. Wilson

The purpose of the false self is to defend against pain—not deal with reality.

—Robert W. Firestone

There are people who fantasize about suicide, and paradoxically, these fantasies can be soothing because they usually involve either fantasizing about others' reactions to one's suicide or imagining how death would be a relief from life's travails. In both cases, an aspect of the fantasy is to exert control, either over others' views or toward life's difficulties. The writer A. Alvarez stated, "There are people ... for whom the mere idea of suicide is enough; they can continue to function efficiently and even happily provided they know they have their own, specially chosen means of escape always ready..." In her riveting 2008 memoir of bipolar disorder, *Manic*, Terri Cheney opened the book by stating, "People... don't understand that when you're seriously depressed, suicidal ideation can be the only thing that keeps you alive. Just knowing there's an out—even if it's bloody, even if it's permanent--makes the pain bearable for one more day."

This strategy appears to be effective for some people, but only for a while. Over longer periods, fantasizing about death leaves people more depressed and thus at higher risk for suicide, as Eddie Selby, Mike Amestis, and I recently showed in a study on violent daydreaming. A strategy geared toward increased feelings of self-control (fantasizing about the effects of one's suicide) 'works' momentarily, but ultimately backfires by undermining feelings of genuine self-control in the long run.

—Thomas Joiner

Traumatic events, by definition, overwhelm our ability to cope. When the mind becomes flooded with emotion, a circuit breaker is thrown that allows us to survive the experience fairly intact, that is, without becoming psychotic or frying out one of the brain centers. The cost of this blown circuit is emotion frozen within the body. In other words, we often unconsciously stop feeling our trauma partway into it, like a movie that is still going after the sound has been turned off. We cannot heal until we move fully through that trauma, including all the feelings of the event.

—Susan Pease Banitt

It is our ability to forget our problems, through the process of thought, rather than the passage of time, that frees us from the circumstances of our past.

—Richard Carlson

A bulimic person's shame may lead her to try to hide not only her eating-disorder behaviors but also her basic needs and yearnings. She may wish that her needs and desires did not exist and may try to act as if she does not need or want anything or anyone. When that attempt inevitably fails, she may wish that others could magically read her mind and respond to her needs and wants without her having to ask for anything. To avoid the shame of expressing her needs and desires, she turns to food, rather than relationships, for comfort.

—Sheila M. Reindl

A bulimic person may be so disconnected from her experience that she does not even know what she needs or wants. If she does not know, needing something or someone only confirms her sense that she is weak and inadequate. She believes her needs are not legitimate, and therefore finds it difficult to seek care or engage with any care she does manage to seek. In fact, she is likely to greet others' expressions of concern with contempt, the very contempt with which she views herself.

—Sheila M. Reindl

Serious problems can't be solved just by talking about them.

—Nigel Short

Most people, when directly confronted by evidence that they are wrong, do not change their point of view or course of action but justify it even more tenaciously. Even irrefutable evidence is rarely enough to pierce the mental armor of self-justification. When we began working on this book, the poster boy for 'tenacious clinging to a discredited belief' was George W. Bush. Bush was wrong in his claim that Saddam Hussein had weapons of mass destruction, he was wrong in claiming that Saddam was linked with Al Qaeda, he was wrong in predicting that Iraqis would be dancing joyfully in the streets to receive the American soldiers, he was wrong in predicting that the conflict would be over quickly, he was wrong in his gross underestimate of the financial cost of the war, and he was most famously wrong in his photo-op speech six weeks after the invasion began, when he announced (under a banner reading MISSION ACCOMPLISHED) that 'major combat operations in Iraq have ended.'

—Carol Tavris

There is a tendency for humans to consciously see what they wish to see. They literally have difficulty seeing things with negative connotations while seeing with increasing ease items that are positive. For example, words that evoke anxiety, either because of an individual's personal history or because of experimental manipulation, require greater illumination before first being perceived.

—Lionel Tiger

[A] new finding shows that while in the 1940s, three-quarters of those surveyed claimed to dream in black and white, today, three-quarters say the opposite, that they dream in color. This reversal is attributed to a change in the number of people who grew up watching color rather than black and white television... another hint that our private dreams are intimately linked to our collective mediated experiences.

—Katherine A. Fowkes

Volatile expressions of anger and hostility combined with a tendency to blame others often result from feeling shame.... If you are shame-prone, any accusation directed at you, regardless of how mildly it may be delivered, has the potential to make you feel that you have failed or that you are inadequate. Rather than simply admit wrongdoing, you get angry and accusatory in order to hold yourself blameless. Using anger or hostility for self-protection hides your vulnerability and needs. Unfortunately, since most people are repelled by an angry response, this method may be effective.

Your anger may drive away the very people who should know your real feelings, and it may deprive you of the opportunity to allow others to be aware of your needs. Behaving in an offensive or frightening way toward others can cause them to retreat out of fear. But, actually, the fear is your own, which you have turned against someone else in the form of anger.

—Mary C. Lamia

What is the black shadow? It's the running inner dialogue we have with ourselves all day long about our fears of being inferior as black people. It is our internalization of the white man's lie that blacks are inferior to whites -- the very lie that was the foundation of our ancestors' enslavement. The black shadow is more than simply internalized racism; it's also our complex feelings of fear and despair about being black, and consequently our longing to be less black.

—Marlene F. Watson

When someone says 'that's just my personality,' or 'that's just who I am,' they're often saying, 'I don't want to work on that flaw.'

—Erik Torenberg

We must understand that those who experience abuse as children, and particularly those who experience incest, almost invariably suffer from a profound sense of guilt and shame that is not meliorated merely by unearthing memories or focusing on the content of traumatic material. It is not enough to just remember. Nor is achieving a sense of wholeness and peace necessarily accomplished by either placing blame on others or by forgiving those we perceive as having wronged us. It is achieved through understanding, acceptance, and reinvention of the self.

At this point in time there are people who question the validity of the DID diagnosis. The fact is that DID has its own category in the Diagnostic and Statistical Manual of Mental Disorders because, as with all psychiatric conditions, a portion of society experiences a cluster of recognizable symptoms that are not better accounted for by any other diagnosis.

—Cameron West

Clinical psychology tells us arguably that trauma is the ultimate killer. Memories are not recycled like atoms and particles in quantum physics. They can be lost forever. It's sort of like my past is an unfinished painting and as the artist of that painting, I must fill in all the ugly holes and make it beautiful again.

—Lady Gaga

Good therapy, gently but firmly, moves people out of denial and compartmentalization. It helps clients to develop richer inner lives and greater self-knowledge. It teaches clients to live harmoniously with others and it enhances Existential consciousness, and allows people to take responsibility for their effects on the world at large. For me, happiness is about appreciating what one has. Practically speaking, this means lowering expectations about what is fair, possible and likely. It means, finding pleasure in the ordinary.

—Mary Piphe

How do we find words for describing levels of betrayal and emotional, physical, sexual and spiritual torture that fragment and destroy a child or cast traumatic shadows over the whole of adult life?

We might, as a society, slowly find it possible to accept that one in four citizens are likely to have experienced some form of emotional, psychical, sexual or spiritual abuse, in itself a figure unimaginable and hidden twenty years ago. However, accepting the way a hurt and hurting parent or stranger re-enacts their disturbance with a vulnerable child or children remains far easier to digest than to consider the intellectually planned, scientific, methodical, procedures of organized child-abusing perpetrators-in other words, torture.

—Valerie Sinason

The only way out consists of using a social mask. This is why those under depression will smile more as well as make efforts to please and entertain compared to anyone else....If they could hide in public, and they do hide in other ways, both psychological and physical. The psychological feeling of being trapped comes afterwards from the need to have social life, and that's when the anti-social personality starts developing furthermore.

—Mark Brightlife

You tell them one real thing and then the doctor thinks he knows you. He starts getting arrogant and overfamiliar, making insulting suggestions left and right. You have to protest constantly just to set the record straight. Finally he makes offensive assumptions and throws them in your face. A stranger in a bar could do the same.

—Sarah Schulman

People today will have you believing life is a blank slate upon which you can write anything at all--this is poetic, even romantic. Unfortunately, it's also a lie, because life exists in, is bound by, shaped by, controlled by, and functions within a construct. Attempt to function outside that construct, or bend it to our will, or remove it completely, and you throw all of society into chaos. We're seeing that now. Like it or not, birds don't fly upside down...and neither can we.

—Northern Adams

Our relationship with literary characters, at least to those that exercise a certain attraction over us, rests in fact on a denial. We know perfectly well, on a conscious level, that these characters 'do not exist,' or in any case do not exist in the same way as do the inhabitants of the real world. But things manifest in an entirely different way on the unconscious level, which is interested not in the ontological differences between worlds but in the effect they produce on the psyche.

Every psychoanalyst knows how deeply a subject can be influenced, and even shaped, sometimes to the point of tragedy, by a fictional character and the sense of identification it gives rise to.

—Pierre Bayard

When a depressed person shrinks away from your touch it does not mean he is rejecting you. Rather he is protecting you from the foul, destructive evil which he believes is the essence of his being and which he believes can injure you.

—Dorothy Rowe

Everybody talks about wanting to change things and help and fix, but ultimately all you can do is fix yourself. And that's a lot. Because if you can fix yourself, it has a ripple effect.

--Rob Reiner

Bad behavior and irrational decisions are almost always caused by fear. If you want to change the behavior, address the fear.

—Seth Godin

Punitive measures whether administered by police, teachers, spouses or parents have well known standard effects: (1) escape-education has its own name for that: truancy, (2) counterattack-vandalism on schools and attacks on teachers, (3) apathy—a sullen do-nothing withdrawal. The more violent the punishment, the more serious the by-products.

—B. F. Skinner

There are some things that we feel that we absolutely must do. We might know that they're wrong, or pointless, or gravely punishable, and yet we do them anyway. These actions are not born of anger or emotion—we are perfectly sober. It's rather inexplicable. When the time comes, we can't stop ourselves, and so we cannot blame ourselves.

—Isamu Fukui

The high IQ has become the American equivalent of the Legion of Honor, positive proof of a child's intellectual aristocracy...It has become more important to be a smart kid than a good kid or even a healthy kid.

—Sam Levenson

The most solid comfort one can fall back upon is the thought that the business of one's life is to help in some small way to reduce the sum of ignorance, degradation, and misery on the face of this beautiful earth.

--George Eliot

What did one lab rat say to the other?

'I've got my scientist so well trained that every time I push the buzzer, he brings me a snack.'

—Unknown

Every person in therapy has a love disorder.

—John Dufresne

Many of the quests for status symbols—the hot automobile, the best table in a restaurant, or a private chat with the boss—are shadowy reprises of infant anxieties....The larger office, the corner space, the extra window are the teddy bears and tricycles of adult office life.

—Willard Gaylin

We can be sure that the greatest hope for maintaining equilibrium in the face of any situation rests within ourselves. Persons who are secure with a transcendental system of values and a deep sense of moral duties are possessors of values which no man and no catastrophe can take from them.

—Francis J. Braceland

Psychoanalysis...shows the human infant as the passive recipient of love, unable to bear hostility. Development is the learning to love actively and to bear rejection.

—Karl Stern

When depression is stigmatized as illness and weakness, a double blind is created: if we admit to depression, we will be stigmatized by others; if we feel it but do not admit it, we stigmatize ourselves, internalizing the social judgment....The only remaining choice may be truly sick behavior: to experience no emotion at all.

—Lesley Hazelton

There are more things to alarm us than to harm us, and we suffer more often in apprehension than reality.

—Lucius Annaeus Seneca

When faced with choosing between attributing their pain to ‘being crazy’ and having had abusive parents, clients will choose ‘crazy’ most of the time. Dora, a 38-year-old, was profoundly abused by multiple family perpetrators and has grappled with cutting and eating disordered behaviors for most of her life. She poignantly echoed this dilemma in her therapy:

I hate it when we talk about my family as ‘dysfunctional’ or ‘abusive.’ Think about what you are asking me to accept—that my parents didn’t love me, care about me, or protect me. If I have to choose between being abused or being sick and crazy, it’s less painful to see myself as nuts than to imagine my parents as evil.

—Lisa Ferentz

Lots of people in this world have been hurt as children. Most people have been hurt in this world as children, and when you talk honestly and openly it’s very difficult for people. This is why it continues and continues. If you can get to the truth of what happened, if you can understand why people made the decisions they’ve made, even if you don’t agree with the reason for those decisions, knowing the reasons for those decisions is enormously important, in my opinion. The more we know the truth of history the more confidently we can face the future without self blame.

—Stefan Molyneux

Disclosure without therapy is the second rape of the child.

—Jean G. Moore

The best way to overcome depression is to work it to death. Whether it be your body or your mind, just be active and some relief you'll find.

—Stanley Victor  
Paskavich

Things happened  
when you were little. Things you  
don't remember now, and don't want  
to. But they need to escape,

need to worm their way out  
of that dark place in your brain  
where you keep them stashed.

—Ellen Hopkins

Reality check: you can never, ever, use weight loss to solve problems that are not related to your weight. At your goal weight or not, you still have to live with yourself and deal with your problems. You will still have the same husband, the same job, the same kids, and the same life. Losing weight is not a cure for life.

—Phillip C. McGraw

Obesity is a mental state, a disease brought on by boredom and disappointment.

—Cyril Connolly

The distinction between children and adults, while probably useful for some purposes, is at bottom a specious one, I feel. There are only individual egos, crazy for love.

—Niccolo Machiavelli

From a psychological perspective, one way to understand truancy and dropouts is in terms of three psychological needs that theorists posit as major intrinsic motivational determinants of behavior. These are the need to feel competent, the need to feel self-determining, and the need to feel interpersonally connected. From this perspective, truancy can be viewed as among the negative outcomes that result when these needs are threatened and thwarted. And, such needs are regularly threatened and thwarted by the prevailing culture of schools.

'It's too hard;' 'it's unfair;' 'You can't win;' 'No one seems to care' – all are common comments made by students (and staff) They are symptoms of a culture that de-

mands a great deal and too often fails to provide essential supports. It is a culture that undermines motivation. Each day students bring with them a wide variety of needs, and where these are not effectively met. They find themselves in situations where they chronically feel over-controlled and less than competent. They also come to believe they have little control over long-range outcomes, and this affects their hopes for the future. And, all too common is a sense of families. The result: not only don't they experience feelings of competence, self-determination, and relatedness to significant others, such feelings tend to be undermined. This leads to disengagement from school learning. And, it should surprise no one that disengaged students manifest a range of behavior, learning, and emotional problems and tend not to want to come to school.

—*U. S. Department of  
Education*

What child hasn't dreaded September, the end of summer and the return to school. But for some kids, the prospect of school produces a level of fear so intense that it is immobilizing, resulting in what's known as school-refusal behavior. These are the kids who may be absent for weeks or months. Some may cry or scream for hours every morning in an effort to resist leaving home. Others may hide out in the nurse's office. Some kids who miss school are simply truant—they'd just rather be doing something else. And sometimes there are genuine reasons to fear school, because of bullying, for example. But in about two-thirds of cases, a psychiatric problem, most commonly an anxiety disorder, is the cause, according to research led by Christopher A. Kearney, professor and director of clinical training at the University of Nevada, Las Vegas....For kids with anxiety-fueled school refusal, the fear is real and can take time to overcome. Families may struggle for months to help a child get back into the classroom. Ignoring the problem, or failing to deal with it completely, can lead to more-serious problems later on.

—Andrea Petersen

Kids with school-refusal behavior may have separation anxiety, a fear of being away from their parents, or a social phobia, an inordinate fear of being judged, being called-on in class or being teased. A specific phobia— fear of riding the bus, walking past a dog or being out in a storm—may be present. Other children are depressed, in some cases unable to get out of bed. Because many kids complain of headaches, stomachaches or other physical symptoms, it can be difficult to tell whether anxiety, or a physical illness, is to blame. One indicator: Anxiety-fueled ailments tend to disappear magically on weekends.

—Andrea Petersen

In February 2009, Kathy Jones's youngest son, Garrett, then 10, started complaining of headaches. Doctors prescribed migraine medication, but it didn't help and Garrett began begging to miss school. 'Every single day there was a reason he shouldn't have to go to school. He'd say, 'Mom, I'm sick, my head hurts, I'm sure I have the flu, my teacher hates me, I hate my teacher,'" says Ms. Jones, who lives in Las Vegas. By April, she had quit her job and was going to school with her son, pulling up a chair next to his desk. 'He was the star of the football team, the guitar player, a straight-A student—and now, the minute we'd step into the parking lot he'd shake and start to cry.'

—Andrea Petersen

It's not unusual for children to develop fears or anxiety about people or events. Usually, these childhood fears diminish as the child matures and do not cause problems in everyday life. But if phobias about school continue over time, they can create a complex and serious interruption in a child's development.

School phobia is defined as anxiety and fear related to going to school. This can lead to prolonged absences from school, developmental deficiencies in academic performance, and impaired social adjustment. Parents, educators/medical personnel and mental health professionals need to be alerted, educated, and prepared to assess and provide successful intervention and support for children experiencing school phobia.

According to the *American Psychiatric Association*, school phobia affects from 5 to 10 percent of the U.S. school population in its mildest form and 1 percent in its most severe form. The onset of school phobia usually occurs at two critical stages: when children begin formal schooling at age five or six, and when students make the transition from elementary to middle or junior high school at age 11 or 12. Reluctance or refusal to attend school often occurs after extended periods at home, such as holidays or summer vacations. School phobias may also follow a stressful occurrence, such as the death of a pet or relative, a change of schools, or a move to a new neighborhood.

—Michael Rettig and  
Janice Crawford

## **CAUSES AND SYMPTOMS OF SCHOOL PHOBIA**

Clinicians tend to link school phobias to a combination of genetic and environmental factors. The genetic link is suggested by the fact that a number of children with school phobia have one or even two parents with anxiety disorders. This genetic link can also produce separation anxiety disorder, a child's fear of being separated from parents.

Many environmental situations can also trigger school phobia, including a troubled parental marriage, serious illness in the family, substance abuse by family members, sibling disputes, child abuse, domestic violence, and gang activity.

Parents and educators are usually the first to notice the symptoms of school phobia. Teachers often play a crucial role in identifying the problem and consulting parents and psychologists about treatment. Typically, a counselor or school psychologist is called upon to interpret the child's behavior, but care should be taken in questioning the child about why he or she doesn't want to go to school. Questions such as 'What's wrong with you?' or 'What can be so scary about school?' may make the child feel frustrated, confused, and isolated.

Before intervention begins, a team of professionals should complete a comprehensive assessment of the student's mental and physical health, and educational status. A physician or school nurse can provide the student's medical history and current health status. Mental health professionals can assess the student by using a variety of methods, including interviews, self-report instruments, parent and teacher reports, and observation to the child in a classroom setting. Based on evaluation of the assessment results, the team and parents can then decide on appropriate intervention strategies.

—Michael Rettig and  
Janice Crawford

A student who is habitually absent is one of the hardest students for both teachers and administrators to deal with. After all, there's not much we can do if the student is not even in class. Worse, this student is likely to be doing nothing even when he or she does come to school. In a sense, this student is absent even when present. This is the condition we want to change.

The primary causes of this misbehavior are a lack of self confidence and power. The habitual absentee often escapes from school because of a feeling that he or she can't measure up—in academic work or relationships. And in some cases, being absent is an act of open dissent.

The primary need being revealed is escape from pain. This child is usually a poor student and finds it painful to attend class. By being absent, he or she avoids failure and gains an excuse for being behind. Also being revealed are secondary needs: aggression, power, achievement, and status. Absenteeism is often a negative form of assertion. The student gets power through the school's inability to keep him or her in school.

—Robert L. DeBruyn

Lillian sometimes wondered why psychologists focused so much on a couple's life in their bedroom. You could learn everything about a couple just watching their kitchen choreography as they prepared dinner.

—Erica Bauermeister

A small mountain of clinical research shows that therapists—that is, anyone who provides talk therapy, from psychologists to social workers—vary widely in effectiveness. One study, led by John Okiishi of Brigham Young University, compared clinical outcomes from 91 therapists and found that the highest-performing among them helped clients improve 10 times faster than the overall average. On the other end of the spectrum, a study led by the psychologist David R. Kraus found that clients of the lowest-performing therapists were significantly worse off in the areas of violence and substance abuse at the end of treatment.

—Tony Rousmaniere

Most valid and structured psychotherapies are roughly equivalent in effectiveness.

—*American Psychological Association*

No field faces higher barriers to incorporating performance feedback than psychotherapy. Because of the personal, sensitive nature of our work—which is protected by laws, regulations, and the general norms of the profession—therapists function largely in private, sheltered from objective feedback. Try to imagine a surgeon, a dancer, or any type of athlete learning without someone observing their work, but instead by simply sharing with their boss reflections on their recent performance. That's the predicament many therapists are in.

—Tony Rousmaniere

How can one know anything at all about people?

—Anna Freud

If all our misfortunes were laid in one common heap, whence everyone must take an equal portion, most people would be content to take their own and depart.

—Socrates

Most stress is caused by people who overestimate the importance of their problems.

--Michael Le Boeuf

The difficult child is the child who is unhappy. He is at war with himself; and in consequence, he is at war with the world.

--A. S. Neill

What's done to children, they will do to society.

—Karl Menninger

When the other person is hurting, confused, troubled, anxious, alienated, terrified; or when he or she is doubtful of self-worth, uncertain as to identity, then understanding is called for. The gentle and sensitive companionship of an empathic stance... provides illumination and healing. In such situations deep understanding is, I believe, the most precious gift one can give to another.

—Carl Rogers

The only person who cannot be helped is that person who blames others.

—Carl Rogers

Kids who are trying to ‘make it’ in a broken home need to read books about other kids who face similar situations. They need to know that they are not alone in their experiences—that others feel pain and anger, loneliness and frustration....They can learn the possible alternatives that exist by seeing what others (even fictional ‘others’) do. In this way they may realize that they do have lives of their own independent of their parents.

—Beverly Haley

Reading is the best medicine for a sick man, the best music for a sad man, the best counsel for a desperate man, the best comfort for one afflicted.

--John Florio

There is not a single ill-doer who could not be turned to some good.

--J. J. Rousseau

You cannot put the same shoe on every foot.

--Publilius Syrus

For behaviour, men learn it, as they take diseases, one of another.

--Francis Bacon

All crime is a kind of disease and should be treated as such.

--Mahatma Gandhi

There is no debating that the effects of trauma experienced in childhood may have grave consequences.

—Asa Don Brown

Words of comfort, skillfully administered, are the oldest therapy known to man.

—Louis Nizer

Therapy is not to ‘talk about’ things, but to change the person’s life, and to relieve suffering, such as depression, anxiety, or relationship problems. Of course, empathy and skillful listening are important at the start of each session, but they are simply not sufficient to change the patient’s life.

—David D. Burns

The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love.

—Bruce D. Perry and  
Maia Szalavitz

Once you were in, they put a note in your file that said you were in therapy, and all your teachers saw that file. They might as well have tattooed CRAZY on your forehead. The next year every teacher would be watching you for the first weird thing you did—and has there ever been a kid who never does anything an adult considers weird?

—John Barnes

Forget what we became, focus on what we’re capable of becoming.

—Aniekee Tochukwu  
Ezekiel

The act of revealing oneself fully to another and still being accepted may be the major vehicle of therapeutic help.

—Irvin D. Yalom

I explain to my patients that abused children often find it hard to disentangle themselves from their dysfunctional families, whereas children grow away from good, loving parents with far less conflict. After all, isn’t that the task of a good parent, to enable the child to leave home?

—Irvin D. Yalom

We can order him to make appointments and talk to someone, but we can’t force him to actually do the work. You’ve got to be willing to work on your issues. You’ve got to be willing to face hard truths and fight to get better. That takes courage and force of will.

—Laurell K. Hamilton

A new study has found that five times as many high school and college students are dealing with anxiety and other mental health issues as youth of the same age who were studied in the Great Depression era. The findings, culled from responses to a popular psychological questionnaire used as far back as 1938, confirm what counselors on campuses nationwide have long suspected as more students struggle with the stresses of school and life in general. 'It's another piece of the puzzle—that yes, this does seem to be a problem, that there are more young people who report anxiety and depression,' says Jean Twenge, a San Diego State University psychology professor and the study's lead author.

'The next question is: What do we do about it?'

Though the study...does not provide a definitive correlation, Twenge and mental health professionals speculate that a popular culture increasingly focused on the external—from wealth to looks and status—has contributed to the uptick in mental health issues. Pulling together the data for the study was no small task. Led by Twenge, researchers at five universities analyzed the responses of 77,576 high school or college students who, from 1938 through 2007, took the *Minnesota Multiphasic Personality Inventory*, or *MMPI*.

Overall, an average of five times as many students in 2007 surpassed thresholds in one or more mental health categories, compared with those who did so in 1938. A few individual categories increased at an even greater rate—with six times as many scoring high in two areas:

'hypomania,' a measure of anxiety and unrealistic optimism (from 5 percent of students in 1938 to 31 percent in 2007)

and depression (from 1 percent to 6 percent).

Twenge said the most current numbers may even be low given all the students taking antidepressants and other psychotropic medications, which help alleviate symptoms the survey asks about.

The study also showed increases in 'psychopathic deviation,' which is loosely related to psychopathic behavior in a much milder form and is defined as having trouble with authority and feeling as though the rules don't apply to you. The percentage of young people who scored high in that category increased from 5 percent in 1938 to 24 percent in 2007. Twenge previously documented the influence of pop culture pressures on young people's mental health....Several studies also have captured the growing interest in being rich, with 77 percent of those questioned for UCLA's 2008 national survey of college freshmen saying it was 'essential' or 'very important' to be financially well off.

—Martha Irvine

'I don't remember it being this hard,' says a mother from northern New Jersey, whose 15-year-old daughter is being treated for depression. She asked not to be identified to respect her daughter's privacy. 'We all wanted to be popular, but there wasn't this emphasis on being perfect and being super skinny,' she says. 'In addition, it's 'How much do your parents make?' 'I'd like to think that's not relevant, but I can't imagine that doesn't play a role.'

—Martha Irvine

'To be or not to be' is the question pondered not only by Hamlet, but also by an increasing number of adolescents. The incidence of adolescent suicide under any definition is alarming and has been rising steadily during the past 20-25 years. The need for the clinical understanding of this self-destructive act is greater than ever. Psychiatric intervention is frequently the only hope for preventing a person from becoming another suicide statistic. Each psychiatrist or clinician who deals with adolescents needs to be prepared to deal with a potential suicide victim. Suicide is one of the most dramatic acts in a dramatic phase of a human development—adolescence. Neither a child nor an adult, the adolescent is in a phase characterized by the acceleration of physiological, psychological, social and interpersonal demands. These demands influence not only overt behavior but also conscious and unconscious experiences. Adolescent suicide is a subject of fascination and controversy. It involves two human experiences of which we know the least: adolescence and death.

—Yosef Hakimi, M.D.

In the United States 12 to 18 year-olds are regarded as a population with increasing risk for both attempted and completed suicides. The suicidal rate for this age group is greater in the United States than in most other countries. It is more frequent among boys than girls, higher among non-white males, urban dwellers, college students, professional groups and American Indians. Marriage increases the risk (1.6 times more) of completed suicides in adolescents. Most of the married suicide victims, however, are childless.

—Yosef Hakimi, M.D.

Suicide is a response to internal confusion and self-disintegration. The increased tension of modern life, a combination of pressures and expectations beyond the individuals capacity to cope, provoke feelings of frustration, anger, guilt, depression and self-destruction. Early experiences of loss, deprivation or other traumatic experience (usually in the parent-child relationship) are strong predisposing factors in suicide.

Suicide is always a sign of deep psychopathology. In a study of 40 highly selected adolescents, who had made suicide attempts, [Frank E.] Crumley reported that each patient was psychiatrically ill before the suicide attempt. The most common diagno-

sis was depressive disorders, drug abuse or borderline personality. Each of these patients had reacted severely to a loss and poorly controlled his rage and impulsiveness. This resulted in the suicide attempt. The assessment of the internal forces that lead the adolescent to suicide is most difficult because adolescence is so much the time of impulsivity and unpredictability.

—Yosef Hakimi, M.D.

In the author's experience, poor early parent-child relationships, the mother's conscious, unconscious, verbal and non-verbal rejection of the child have been strong predisposing factors in the suicide. The adolescent interprets these messages as an indication that his parents want him to die. This usually occurs when the adolescent's ego is shaky and in the stage of turmoil.

Psychoanalytic theory relates suicide to a detachment of the libidinal tie from an object and ambivalent identification with the lost love object. Adolescence is a time of detachment and transition of the libidinal tie from parents to non-incestuous objects.

—Yosef Hakimi, M.D.

The person that attempts suicide has an abnormal conception of his own body. He perceives his body as a possession of some outside person or force. He was raised by parents whose actions made him feel early in life that he only partially owned his body. Parents can cause this by such strategies as rarely permitting the child to have privacy, being demanding and over-controlling, making the child do what they expect. Being limited to this sort of body perception, it takes the adolescent only a few traumatic experiences later in life to convince him that his body did not belong to him, but rather was an alien pain-producing-partner of some other entity.

—Yosef Hakimi, M.D.

Is the world a dangerous place? Children certainly think so when TV news cameras expose them to scenes of mass killings of children at a school in Scotland and a day care center in Oklahoma City, not to mention disastrous plane crashes, car accidents, and gun violence. A recent list of the top ten children's fears includes gangs, drive-by shootings, drugs, death, nuclear war, guns, knives, and AIDS. And that's not counting young children's fears of thunder and lightning, monsters under the bed, or ghosts in the attic. Child psychologists take children's fears seriously and they have done a number of studies to find out their causes and effects. They

discovered that it is difficult to distinguish fear from anxiety in children. As a general rule, fear is a response to a situation, like being afraid of an animal, while anxiety is defined as being worried about something that hasn't happened, such as an upcoming test.

—*National Association of  
Elementary School  
Principals*

Fears and anxieties vary with the age of the child. Here are some typical examples: Ages 1-6. Young children have simple fears. What scares them are immediate, personal things like being in the dark, large or loud animals, bees and bugs, and loud or scary noises. Many of them demonstrate what psychologists call separation anxiety, crying, throwing temper tantrums, and clinging to parents or caretakers. They may also be afraid of 'bad people' and accidents like falling off a playground slide.

Ages 6-12. Children of these ages start to worry about threatening situations like being hit by a bully or an adult. They also worry that they will fail or do poorly in school, that a parent may die, that their family will become poor, or even that they will be kidnapped. They become anxious about being accepted by their peers, their physical appearance, school performance, and parents' expectations.

Teenagers. Most teens begin to lose their childhood fears. They don't think anything will ever happen to them and may take unnecessary risks with their health and lives. Their fears and anxieties are more realistic, like gang violence, social rejection, and terrorist attacks. Teenage girls tend to show more general anxiety than boys, usually centered around social acceptance and popularity.

—*National Association of  
Elementary School  
Principals*

THE INCIDENCE of anxiety disorders among teenagers has been increasing dramatically. Over the past decade I have worked closely with many high school principals, and I do not know of a single one who has not frequently had to coordinate intensive support efforts on behalf of depressed or suicidal youngsters.

Their experience is confirmed by national statistics. During the last two decades, teenage suicides have increased by 300%. According to the *National Center for Health Statistics*, virtually all parts of the northeastern U.S. have suffered waves of adolescent suicide. Moreover, the problem cuts across all socioeconomic lines; inner-city, blue-collar, and white-collar communities have been afflicted. Suicide is now the second-leading cause of teenage deaths (topped only by vehicle fatalities). For every completed suicide among high school students, there are some 350 suicide

attempts, and one study places the proportion of high school students who will attempt suicide in any given month at 3%.

—Maxine Seibel and  
Joseph N. Muray

## **THE EFFECTS OF DIVORCE**

Divorce has become a reality that affects more than two million adults and more than one million children each year. Yes—all children will be affected by divorce. Does it need to be negative? No! Absolutely Not! Divorce does have short-term and long-term negative effects on some children's adjustment. The main difficulties associated with divorce are:

1. conflict between parents
2. parent depression
3. lack of social support and
4. financial stress

In preschoolers, divorce may trigger regression, fretfulness, bewilderment, aggression and need.

In school age children, there is sadness, grieving, fear, anger, feelings of deprivation, fantasies of reconciliation, body complaints and loyalty conflicts.

In adolescents, there are many painful feelings: how will their own future marriages work out, worry over financial matters, loyalty conflicts, individualization from parents and the awareness of parents as sexual beings.

Healthy adjustment occurs when children are made to feel that they are in no way responsible for the divorce and that the divorce is final. Skills in coping and conflict resolution need to be well-developed for a child to adjust. Eventually, they won't blame anyone, but will instead work on problem solving and staying involved in a social support system.

Children have a positive adjustment to divorce when the custodial parent has low stress and is psychologically healthy. The custodial parent needs to be firm and consistent in parenting; and the child needs to feel that his relationship with the custodial parent is positive.

Involvement of the non-custodial parent has a direct effect on the children's adjustment when the involvement directly affects the well-being of the custodial parent rather than the child.

Emotional and financial support by the non-custodial parent can reduce the strain experienced by the custodial parent and increase their parenting competence. This increased competence directly affects a child's adjustment.

Children will do well when the parents are mentally healthy and have a support system to help them cope with the difficult times. Nobody needs to do it alone. Divorce

can be a growth-producing experience. Some of the divorced parent's dreams may have died, but the parent has not.

—Dr. Phil Martin R. Textor

1. Young people who have attempted suicide in the past or who talk about suicide are at greater risk for future attempts. Listen for hints like 'I'd be better off dead' or 'I won't be a problem for you much longer' or 'Nothing matters; it's no use.'
2. Adolescents who consider suicide generally feel alone, hopeless, and rejected. They are more vulnerable to having these feelings if they have been abused, feel they have been recently humiliated in front of family or friends, have parents with alcohol or drug problems, or have a family life with parental discord, disruptions, separation or divorce. However, a teenager may be depressed and/or suicidal without any of these.
3. Many teens who abuse alcohol or drugs are likely to consider, attempt or succeed at suicide. The *Fifth Special Report to the U.S. Congress on Alcohol and Health...* found that as many as 80 percent of people who attempt suicide have been drinking at the time. And alcohol is a depressant.
4. Teenagers who are planning to commit suicide might 'clean house' by giving away favorite possessions, cleaning their rooms, or throwing things away. They may also become suddenly cheerful after a period of depression, because they think they have 'found the solution' by deciding to end their lives.
5. One of the most dangerous times of a teen's life is when he or she has suffered a loss or humiliation of some kind: loss of self-esteem by doing poorly on a test, the breakup with a boyfriend or girlfriend, or the trauma of parents' divorce.

—*American Psychiatric Association*

NEW FINDINGS: Every day, psychiatric research is finding new clues to the causes of depression and suicide. Among them:

1. Depression and the risk for suicide might have biological as well as psychological causes. Studies have found that some people who are depressed have altered levels of certain brain chemicals. Other studies have shown that aggressive and impulsive people who make violent suicide attempts have reduced amounts of serotonin, a key brain chemical.
3. Family history of suicide is a significant risk factor in a young person. The family link might be because young people often identify with those closest to them and are likely to repeat their actions. However, there may be a genetic link as well, because biological relatives of a suicidal person

are six times more likely to attempt or succeed in suicide than are adoptive relatives.

—*American Psychiatric Association*

## **WHAT CAN YOU DO:**

Most people who are depressed or who are thinking about suicide don't or won't talk about how they are feeling. They feel worthless. They have no hope. They deny their emotions or think that talking about their emotions will be a 'burden' on others because no one cares. Or they are afraid others will make fun of them.

That's understandable, because when someone mentions suicide, others may treat it as a joke or deny it. Those reactions only make the problem worse. So, if a friend or relative brings up the subject, take it seriously and take some time to talk about it.

1. Reassure that person that he or she does have someone to turn to. Parents, friends, school counselors, physicians, teachers, or a brother or sister are probably all too willing to listen. It's just hard to let them know we want to talk about something as serious as our emotions.
2. Don't lecture or point out all the reasons a person has to live. Instead, listen and reassure the individual that depression and suicidal tendencies can be treated. Depressive disorders respond readily to treatments such as psychotherapy or appropriate medication. Antidepressants can act within two to three weeks and often are used in addition to psychotherapy. Nearly 90 percent of all people suffering depression respond to these treatments.
3. You can find help by contacting your local chapter of the *American Psychiatric Association*, which can suggest a psychiatrist who can help you. Psychiatrists are physicians who have special training in emotional and mental health. Other sources include your local mental health association, your family physician, a county medical society, a local hospital's department of psychiatry, a mood disorders program that is affiliated with a university or medical school, or a family service/social agency.

—*American Psychiatric Association*

For a diagnosis of clinical depression to be made in teenagers, depression must last at least two weeks and include at least five of the following symptoms:

1. A change in school performance
2. Inability to concentrate
3. Irritability or anger
4. Persistent unhappiness
5. Change in eating and sleeping habits

6. Withdrawal from people and activities
7. Excessive guilt or anxiety
8. Physical complaints
9. Aggressive, impulsive, or risk-taking behavior
10. Thoughts or talk of death or suicide.

— *Diagnostic &  
Statistical Manual  
of Mental  
Disorders  
(DSM-IV)*

You can actually eat yourself into a better mood and get rid of depressive thoughts and melancholy.

—Thorbjörg  
Hafsteinsdottir

A considerable number of persons are able to protect themselves against the outbreak of serious neurotic phenomena only through intense work.

--Karl Abraham

They intoxicate themselves with work so they won't see how they really are.

--Aldous Huxley

One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important.

--Bertrand Russell

Work and love—these are the basics. Without them there is neurosis.

--Theodor Reik

If you are poor, work. If you are burdened with seemingly unfair responsibilities, work. If you are happy, work. Idleness gives room for doubts and fears. If disappointments come, keep right on working. If sorrow overwhelms you and loved ones seem not true, work. If health is threatened, work. When faith falters and reason fails, just work. When dreams are shattered and hope seems dead, work. Work as if your life were in peril. It really is. No matter what ails you, work. Work faithfully—work with faith. Work is the greatest remedy available for both mental and physical afflictions.

—*Korsaren*

Workaholism is one of the only addictions in society that we boast about, that we're proud of, that we actually support.

--Diane Fassel

Purpose, meaning, identity, fulfillment, creativity, autonomy—all these things that positive psychology has shown us to be necessary for well-being are absent in the average job.

—Benjamin Hunnicutt

Most people want to work, and are miserable when they cannot. The ills of unemployment go well beyond the loss of income; people who lose their job are more likely to suffer from mental and physical ailments. 'There is a loss of status, a general malaise and demoralization, which appears somatically or psychologically or both,' says Ralph Catalano, a public-health professor at UC Berkeley. Research has shown that it is harder to recover from a long bout of joblessness than from losing a loved one or suffering a life-altering injury. The very things that help many people recover from other emotional traumas—a routine, an absorbing distraction, a daily purpose—are not readily available to the unemployed.

—Derek Thompson

Do we talk about the dignity of work? Do we give our students any reason for believing it is worthwhile to sacrifice for their work because such sacrifices improve the psychological and mental health of the person who makes them?

—Sargent Shriver

His [James A. Brussel] analysis of Mary Todd Lincoln found her to be 'psychotic with symptoms of hallucinations, delusion, terror, depression and suicidal intentions.

—Michael Cannell

People suffering from this disorder [paranoid schizophrenia], may believe other people are controlling them or plotting against them. They are typically reclusive, antisocial and consumed with hatred for their imagined enemies. For all their derangement, they're capable of acting quite normal—until, inevitably, some aspect of their delusions enters into their conversation. The paranoiac is the world's champion grudge-holder. We all get mad at other people and organizations sometimes, but with most of us the anger evaporates eventually. The paranoiac's anger doesn't. Once he gets the idea that somebody has wronged him or is out to hurt him, the idea stays in his mind.

—James A. Brussel

Paranoid schizophrenics are the hardest of deranged criminals to catch because their mind splits between two realms: Even as they lose themselves in warped delusions, they continue to follow logical trains of thought and lead outwardly normal lives. They watch the world around them with a wary, distrustful eye.

—James A. Brussel

The men who study groups of white rats in cages might do better to study what happens when groups of bright, egocentric and ambitious—oh, ambitious—people come together to grab for public power in a short scramble to the tape marked Election Day.

--Richard Reeves

The fact is that people are good. Give people affection and security, and they will give affection and be secure in their feelings and their behavior.

—Abraham Maslow

One thing that has become clear more than any other in this psychological age is that many of the emotional problems of the adult stem from a childhood inability to establish consistent and, on the whole, good-willed feelings toward those in authority over him.

--Bonaro Overstreet

The scars left from the child's defeat in the fight against irrational authority are to be found at the bottom of every neurosis.

--Erich Fromm

The child is surrounded by so much authority, so much school, so much dignity, so much law, that it would have to break down under the weight of all these restraints if it were not saved from such a fate by meeting with a friend.

--Dr. Wilhelm Stekhel

The great majority of people have a strong need for authority which they can admire, to which they can submit, and which dominates and sometimes even ill-treats them.

--Sigmund Freud

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.

—King Jr. Whitney

What is necessary to change a person is to change his awareness of himself.

—Abraham Maslow

I was loud, and I was always doing a lot of jazz hands. I was one of those kids who grew up in one of those fun, alcoholic homes. There was a lot of tap dancing like, hey, if you make people laugh, maybe they won't scream at each other. Humor is a defense mechanism that has a tendency to help you out.

—Kelsie Huff

Almost everyone is overconfident—except the people who are depressed, and they tend to be realists.

—Joseph T. Hallinan

Our need for security has led us into an insane attachment to things. We really must understand that the lust for affluence in contemporary society is psychotic. It is psychotic because it has completely lost touch with reality. We crave things we neither need nor enjoy. 'We buy things we do not want to impress people we do not like'. Where planned obsolescence leaves off, psychological obsolescence takes over. We are made to feel ashamed to wear clothes or drive cars until they are worn out. The mass media have convinced us that to be out of step with fashion is to be out of step with reality. It is time we awaken to the fact that conformity to a sick society is to be sick.

—Richard J. Foster

I've got PMS, OCD, and ADD. I want to cry and look pretty while I kill everyone, but I can't focus on that right now, I'm cleaning.

—*someecards.com*

Fashion is like the id. It makes you desire things you shouldn't.

—Bob Morris

Food is fuel, not therapy.

—Unknown

A sense of values is the most important single element in human personality.

--Unknown

Our aches and pains conform to opinion. A man's as miserable as he thinks he is.

--Seneca

A man who has been the indisputable favorite of his mother keeps for life the feeling of a conqueror, that confidence of success that often induces real success.

--Sigmund Freud

Self-control is crucial in managing stress and aggression.

It is important for individuals to have a set of responses to cope with frustration. The most important advice is to remain patient in traffic congestion. You can gain a sense of control by realizing that people behave differently in different situations and that environmental factors may effect others to a greater or lesser degree than they effect you. Information about why a driver may be acting in a certain way will make their behavior more predictable to you, and you will be able to take action to avoid a confrontation, if necessary.

Drivers must pay more attention to their own levels of emotion.

Evidence suggests that drivers who allow their emotions to spiral out of control while driving are a much greater risk to themselves than to those around them. It is important not to try to alleviate aggressive emotion with an outburst. Research shows that this does not help to overcome the situation, and the risk of retaliation increases.

Several psychologists suggest a 'cooling off' period such as going for a walk or using relaxation techniques. Although many people, particularly men, go for a drive to 'cool off', it is not recommended. Any activity that is an attempt to 'cool off' must be distracting enough to interfere with the train of anger-inducing thought.

Avoid all conflict if possible.

If you are challenged, take a deep breath and get out of the way, even if you are in the right.

Finally, before reacting, think about the possible consequences of your actions.

Aggressive behavior behind the wheel could result in serious injury or even death to yourself or someone else. Don't let an impulsive action ruin the rest of your life.

—*New York Governor's  
Traffic Safety  
Committee*

The total ugliness and indifference of the worst features of the human race come out in their driving habits.

—Charles Bukowski

Road rage is the expression of the amateur sociopath in all of us, cured by running into a professional.

—Robert Brault

Insane people are always sure that they are fine. It is only the sane people who are willing to admit that they are crazy.

—Nora Ephron

If you are physically sick, you can elicit the interest of a battery of physicians; but if you are mentally sick, you are lucky if the janitor comes around.

—Martin H. Fischer

The shy and the extroverted have this in common—that they both fancy they are the center of attention.

—Robert Brault

When I am anxious it is because I am living in the future. When I am depressed it is because I am living in the past.

—Unknown

The two main hazards of psychoanalysis: that it might fail, and that if it succeeds, you'll never be able to forgive yourself for all those wasted years.

—Mignon McLaughlin

Boredom has been linked to behavior issues including bad driving, mindless snacking, binge drinking, risky sex, and problem gambling. In fact, many of us would take pain over boredom. One team of psychologists discovered that two-thirds of men and a quarter of women would rather self-administer electric shocks than sit alone with their thoughts for 15 minutes.

—Timothy D. Wilson

Researchers shy away from calling children psychopaths; the term carries too much stigma, and too much determinism. They prefer to describe children...as having 'callous and unemotional traits,' shorthand for a cluster of characteristics and behaviors, including a lack of empathy, remorse, or guilt; shallow emotions; aggression and even cruelty; and a seeming indifference to punishment. Callous and unemotional children have no trouble hurting others to get what they want. If they do seem caring or empathetic, they're probably trying to manipulate you.

—Barbara Bradley  
Hagerty

Researchers believe that two paths can lead to psychopathy: one dominated by nature, the other by nurture. For some children, their environment—growing up in poverty, living with abusive parents, fending for themselves in dangerous neighborhoods—can turn them violent and coldhearted. These kids aren't born callous and

unemotional; many experts suggest that if they're given a reprieve from their environment, they can be pulled back from psychopathy's edge.

But other children display callous and unemotional traits even though they are raised by loving parents in safe neighborhoods. Large studies in the United Kingdom and elsewhere have found that this early-onset condition is highly hereditary, hardwired in the brain—and especially difficult to treat. 'We'd like to think a mother and father's love can turn everything around,' [Adrian] Raine says, 'But there are times where parents are doing the very best they can, but the kid—even from the get-go—is just a bad kid.'

—Barbara Bradley  
Hagerty

The second hallmark of a psychopathic brain is an overactive reward system especially primed for drugs, sex, or anything else that delivers a ping of excitement. In one study, children played a computer gambling game programmed to allow them to win early on and then slowly begin to lose. Most people will cut their losses at some point, Kent Kiehl notes, 'whereas the psychopathic, callous unemotional kids keep going until they lose everything.' Their brakes don't work, he says.

—Barbara Bradley  
Hagerty

Kids don't grow up wanting to be psychopaths or serial killers. They grow up wanting to become baseball players or great football stars. It's not a choice.

—Adrian Raine

We don't see the things the way they are. We see things the way WE are.

—Talmund

I avoid doing things, because if I do not do them, I can't be said to fail at them.

--Sylvia Plath

One may understand the cosmos, but never the ego; the self is more distant than any star.

--G. K. Chesterton

An individual's self-concept is the core of his personality. It affects every aspect of human behavior: the ability to learn, the capacity to grow and change, the choice of friends, mates and careers. It is no exaggeration to say that a strong, positive self-image is the best possible preparation for success in life.

--Dr. Joyce Brothers

Self-esteem is as important to our well-being as legs are to a table.

--Louise Hart

Every extreme attitude is a flight from the self.

--Eric Hoffer

It is not love of self but hatred of self which is at the root of the troubles that afflict our world.

--Eric Hoffer

With some people solitariness is an escape not from others but from themselves. For they see in the eyes of others only a reflection of themselves.

--Eric Hoffer

There is no such thing as a weird human being. It's just that some people require more understanding than others.

--Tom Robbins

Nobody realizes that some people expend tremendous energy merely to be normal.

—Albert Camus

Broken crayons still color.

—*southpawonline.com*

One small crack does not mean you are broken. It means that you were put to the test and you didn't fall apart.

—Ged Backland

Depression is a prison where you are both the suffering prisoner and the cruel jailer.

—Dorothy Rowe

Idealizing Daddy is grand when you're five; it's crippling when you're twenty-five or thirty-five. For if you still believe in Daddy's miracles, you may not believe that you can make your own dreams come true. Worse, you may not even be able to formulate them without his guidance.

—Victoria Secunda

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

Genuine self esteem—please understand this—genuine self esteem is not competitive or comparative. Genuine self esteem isn't expressed by self-glorification at the expense of others, or by trying to make yourself superior to everyone else, or diminishing others in order to elevate yourself. Arrogance, boastfulness, the overestimation of your abilities, reflect low self esteem, even though we're often encouraged to believe the opposite. In human beings, joy in the simple fact of existence is a core meaning of healthy self esteem. Thus understood, how can you possibly have too much of it?

—Nathaniel Branden

I remember the first time I was sick. I had gone to play with a boy, Luis Léon, and on the patio he threw a wooden log at my foot, and this was the pretext they used at home when my leg began to grow thin. I remember they said that it was a white tumor or paralysis. I missed a lot of school [Frida spent nine months in bed, and and at seven she wore (polio) booties]. I do not remember a lot, but I continued jumping, only not with the right leg anymore. I developed a horrible complex, and I hid my leg. I wore thick wool socks onto the knee, with bandages underneath. This happened when I was seven years old, and my papa and my mama begun to spoil me a lot and to love me more. The foot leaned to the side, and I limped a little. This was during the period when I had my imaginary friend. (9 September 1950)

—Frida Kahlo

People want recognition of their work to help them believe in themselves.

--Dorothy Miller  
Richardson

It is certain that the study of human psychology, if it were undertaken exclusively in prisons, would also lead to misrepresentation and absurd generalizations.

—Jacques Yves Cousteau

A revealing light is thrown on this subject through the studies by Medical Corps psychiatrists of the combat fatigue cases in the European Theater. They found that fear of killing, rather than fear of being killed, was the most common cause of battle failure, and that fear of failure ran a strong second.

--S. L. A. Marshall

It is characteristic of the military mentality that non-human factors...are held essential, while the human being, his desires and thoughts—in short, the psychological factors—are considered as unimportant and secondary.

--Albert Einstein

Every new adjustment is a crisis in self-esteem.

--Eric Hoffer

None of the things that make life feel worth living back home are present..., so the entire range of a young man's self-worth has to be found within the ragged choreography of a firefight. The men talk about it and dream about it and rehearse for it and analyze it afterward but never plumb its depths enough to lose interest. It's the ultimate test, and some of the men worry they'll never again be satisfied with a 'normal life'—whatever that is—after the amount of combat they've been in. They worry that they may have been ruined for anything else.

--Sebastian Junger

Some veterans can't comprehend home anymore. They have been trained that survival is their own responsibility, that they must keep their distance, ask for nothing, expect nothing. Kept in war too long, they are lost in their own homeland.

--Benjamin Busch

When you teach a kid how to kill and send him to combat a few times, he will come home mightily changed, with a dependence on weaponry and a tendency to treat violence as a perfectly acceptable way of solving a problem.

--Anthony Swofford

When the line of violence has been crossed once, it's easier to cross again. Homicide and suicide differ greatly; but they are both forms of killing.

--Dr. David Spiegel

War, itself, no matter how just or good, will leave many of the men who fight it feeling like they've dirtied their souls, and perhaps for a simple reason: there is just something about killing that bites the conscience and doesn't let go.

--Tony Dokoupil

One study of veterans found that surviving a friend in combat is tied to more severe symptoms of grief than losing a spouse, even 30 years later, and even if the spouse died in the last six months.

--Tony Dokoupil

Unless you've experienced it, I don't think there's any way you can understand totally, but war is always there. And people who have taken other peoples' lives will know exactly what I'm talking about.

--John Stiles

One of the things we are learning about PTSD is that it doesn't go away. There is no cure. There is no magic therapy that's going to do it. The brain is actually rewired. There is no undoing that. You just have to acknowledge, this is who I am.

—Bruce Weigl

The end was surely near. The Nazis killed you only when you were naked, because they knew, psychologically, that naked people never resist.

—Simon Wiesenthal

If she has a good, strong, reliable father image, which is hard to find these days, that will be her image of men, probably for the rest of her life. She'll look for a husband who embodies those qualities.

—Robert Johnson

Without a doubt, psychological warfare has proven its right to a place of dignity in our military arsenal.

—Dwight Eisenhower

Love is a severe mental disorder.

--Plato

Love cures people—both the ones who give it and the ones who receive it.

--Karl Menninger

One is very crazy when in love.

—Sigmund Freud

Although Freud said happiness is composed of love and work, reality often forces us to choose love or work.

—Letty Cottin Pogrebin

Separating Negro children from others of similar age and qualifications because of their race generates a feeling of inferiority that may affect their hearts and minds in a way unlikely ever to be undone.

--Chief Justice Earl  
Warren  
(1891-1974)

Just being a Negro doesn't qualify you to understand the race situation any more than being sick makes you an expert on medicine.

--Dick Gregory

The rage of the southern poor white against the Negro suspected of some dereliction is preferable to the hate he feels inwardly at having been, like the Negro, unwanted. The same is perhaps true in the case of Germans and Jews and in many other situations which give the opportunity for the expression of hatred in the denial of the feeling of being rejected.

--Dr. Karl Menninger

The analogy I use is that of the kidnapped victim. Psychologists have done studies on kidnapped victims, and they've found one thing in common: In a lot of cases where a person has been held captive or hostage, they're usually in a very vulnerable, weak position. They feel helpless. They have no resources to fall back on. After a while, a strange psychic process begins to happen. They begin to identify with their captors.

I suggest this: I see a similar parallel with African Americans. Many African Americans over time have begun to identify, empathize and bond with white supremacy.

--Earl Ofari Hutchinson

You've never seen a Columbine done by a black child. Never. They always say, 'We can't believe it happened here. We can't believe it's these suburban white kids.' It's only them!

—Van Jones

Striving for perfection in mind, body and spirit is a Korean way of life, and the cult of endless self-improvement begins as early as the hagwons, cram schools that keep the nation's children miserable and sleep-deprived, and sends a sizable portion of the population under the plastic surgeon's knife.

—Gary Shyteyngart

All forms of self-defeating behavior are unseen and unconscious, which is why their existence is denied.

—Vernon Howard

Talking much about oneself can also be a means to conceal oneself.

—Friedrich Nietzsche

Many studies have discovered a close link between prejudice and 'patriotism'...Extreme bigots are almost always super-patriots.

--Gordon W. Allport

In the matter of therapy, humanity is in the highest degree irrational, so that there is no prospect of influencing it by reasonable arguments...Against prejudice one can do nothing.

--Sigmund Freud

A prejudice is an unwillingness to examine fairly the evidence and reasoning in behalf of a person or thing which is the object of prejudice. It is a prejudgment caused by indoctrination, conditioning, or some prior experience of a singularly pleasant or unpleasant character. A prejudice has strong and deep emotional support.

--Robert W. Allen and  
Lorne Greene

Insanity in individuals is something rare - but in groups, parties, nations and epochs, it is the rule.

—Friedrich Nietzsche

Researchers have found that online behavior is dominated by ‘homophily’ a tendency to listen to and associate with people like yourself, and to exclude outsiders. Social networks are bad at helping you empathize with people unlike you, but good at surrounding you with those who share your outlook. The new information ecosystem does not challenge biases; it reinforces them.

—Emerson T. Brooking  
and P. W. Singer

You just can't predict the course of friendship among girls at this age (9-12). There's a need—varying in intensity according to the individual—for Gibraltar-like attachments in this betwixt-and-between period. Impressive sophistication and maturity exist side by side with fearsome anxiety about the changing body, the person-to-be. The ‘best friends’ are anchors against these tides of confusion....Girls need the support and backing of a group to relieve their anxieties about who they are and who they're going to be.

--Stella Chess

Paranoids are people too. They have their own problems. It's easy to criticize, but if everybody hated you, you'd be paranoid too.

—D. J. Hicks

Life as we find it is too hard for us; it entails too much pain, too many disappointments, impossible tasks. We cannot do without palliative remedies.

--Sigmund Freud

Listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward, and we want to sit in their radius. When we are listened to, it creates us, makes us unfold and expand.

--Karl Menninger

Subjects under the influence of power...acted as if they had suffered a traumatic brain injury—becoming more impulsive, less risk-aware, and, crucially, less adept at seeing things from other people’s point of view.

—Dacher Keltner,  
Psychology  
Professor

‘Hubris syndrome,’ as Lord David Owen and Jonathan Davidson defined it in a 2009 article published in *Brain*, ‘is a disorder of the possession of power, particularly power which has been associated with overwhelming success, held for a period of years and with minimal constraint on the leader.’ Its 14 clinical features include: manifest contempt for others, loss of contact with reality, restless or reckless actions, and displays of incompetence.

—Jerry Useem

The world we experience is not the real world. It’s a mental construction, filtered through our physical senses.

—Matthew Hutson

Psychiatry is an underachieving laggard: While medical advances in the previous half century had reduced mortality rates from childhood leukemia, heart disease, and AIDS by 50 percent or more, they had failed to reduce suicide or disability from depression or schizophrenia.

—Tom Insel

At any given moment, roughly one in seven of the world’s 7.5 billion people is struggling with mental illness.

—David Hobbs

Psychiatry has always struggled to be taken seriously as a science. By the 1980s, the field seemed especially lost. Its best drugs were from the 1950s and ’60s. Most of its hospitals, their failings made infamous by works such as Sylvia Plath’s *The Bell Jar* and Ken Kesey’s *One Flew Over the Cuckoo’s Nest*, had been closed. Talk theory, which often works, but by psychobiological pathways painfully difficult to discern, was frequently lampooned.

—David Hobbs

A question that always makes me hazy—‘Is it me, or are the others crazy?’  
—Albert Einstein

Hysteria is a natural phenomenon, the common denominator of the female nature. It's the big female weapon, and the test of a man is his ability to cope with it.  
--Tennessee Williams

Seldom, or perhaps never, does a marriage develop into an individual relationship smoothly and without crises; there is no coming to consciousness without pain.  
--Carl Gustav Jung

The psychology of adultery has been falsified by conventional morals, which assume, in monogamous countries, that attraction to one person cannot coexist with a serious affection for another. Everybody knows that this is untrue.  
--Bertrand Russell

A married guy is responsible for everything, no matter what. Women, thanks to their having been oppressed all these years, are blameless, free as birds, and all the dirt they do is the result of premenstrual syndrome or postmenstrual stress or menopause or emotional disempowerment by their fathers or low expectations by their teachers or latent unspoken sexual harassment in the workplace, or some other airy excuse. The guy alone is responsible for every day of marriage that is less than marvelous and meaningful.

--Garrison Keillor

The research shows that marriage is a predictor of greater well-being, social support, and financial stability; lower depression; and better physical health.  
--Robert Nohr, Ph.D.

On average, people who get married and stay married enjoy almost twice as much wealth as those who never marry. This economic shelter is probably one reason that married couples report being happier than single ones. But it's not the only one. Married people are healthier on average, and they live longer. They also report better mental health. And for all those people who say that they'd hate to get married and give up their terrific sex life, married people generally report having more sex and higher levels of satisfaction with their sex life. While people who marry earlier get less of an income boost, on average, they actually report being happier with their marriages than those who wait.

--Megan McArdle

Gay marriage can function as a controlled experiment, helping us see which aspects of marital difficulty are truly rooted in gender and which are not. A growing body of social science has begun to compare straight and same-sex couples in an attempt to get at the question of what is female, what is male. Some of the findings are surprising. For instance: we know that heterosexual wives are more likely than husbands to initiate divorce. Social scientists have struggled to explain the discrepancy, variously attributing it to the sexual revolution; to women's financial independence; to men's failure to keep modern wives happy. Intriguingly, in Norway and Sweden, where registered partnerships for same-sex couples have been in place for about two decades (full-fledged marriage was introduced several years ago), research has found that lesbians are twice as likely as gay men to split up. If women become dissatisfied even when married to other women, maybe the problem with marriage isn't men. Maybe women are too particular. Maybe even women don't know what women want.

--Liza Mundy

People who have kids experience more depression than child-free adults....Parenthood isn't associated with enhanced mental health. The happiest people are likely to be married, earn between \$50,000 and \$70,000 and have no kids.

--Daniel Gilbert

Your children are not here to fill the void left by marital dissatisfaction and disengagement. They are not to be utilized as a substitute for adult-adult intimacy. They are not in this world in order to satisfy a wife's or a husband's need for love, closeness or a sense of worth. A child's task is to fully develop his/her emerging self. When we place our children in the position of satisfying our needs, we rob them of their childhood.

—Aaron Hess

The woman knows from living with the abusive man that there are no simple answers. Friends say: 'He's mean.' But she knows many ways in which he has been good to her. Friends say: 'He treats you that way because he can get away with it. I would never let someone treat me that way.' But she knows that the times when she puts her foot down the most firmly, he responds by becoming his angriest and most intimidating. When she stands up to him, he makes her pay for it—sooner or later. Friends say: 'Leave him.' But she knows it won't be that easy. He will promise to change. He'll get friends and relatives to feel sorry for him and pressure her to give him another chance. He'll get severely depressed, causing her to worry whether he'll be all right. And, depending on what style of abuser he is, she may know that he will become dangerous when she tries to leave him. She may even be concerned that he will try to take her children away from her, as some abusers do.

—Lundy Bancroft

Divorce is the psychological equivalent of a triple coronary bypass.

--Mary Kay Blakely

I also became familiar with an entirely new category of people: the unhappily married person. They are everywhere, and they are ten thousand times more depressing than a divorced person. My friend Tim, whose name I've changed, obviously, has gotten more and more depressing since he married his girlfriend of seven years. Tim is the kind of guy who corners you at a party to tell you, vehemently, that marriage is work And that you have to work on it constantly. And that going to couples' therapy is not only normal but something that everyone needs to do. Tim has a kind of manic, cult-y look in his eye from paying thousands of dollars to a marriage counselor. He is convinced that his daily work on his marriage, and his acknowledgement that it is basically a living hell, is modern. The result is that he has helped to relieve me of any romantic notions I had about marriage.

—Mindy Kaling

I began to think maybe it was true that when you were married and had children it was like being brainwashed, and afterward you went about as numb as a slave in a totalitarian state.

—Sylvia Plath

It is an old psychological axiom that constant exposure to the object of fear immunizes against the fear.

—Maxwell Maltz

The male has been taught that he is superior to women in nearly every way, and this is reinforced by the submissive tactics of many women in their desperate antics of flirtation and hunting; it would be a wonder if the average male did not come to believe that he was superior.

--Joyce Carol Oates

High school is a lot more about growing up and developing an adult identity and sense of responsibility than it is about classroom learning. If you have not had a healthy socialization to the opposite sex during high school, you can look forward to immature posturing, fear-driven antipathy, and bad sexual judgment in college: a time when you may lack the support systems of friends and family, and when learning should be the primary focus of your activities.

--*The New Republic*

Men are love-starved for their fathers, are father-wounded, and no matter what women are expected to do, or what we try to do willingly, we...fail because it is men that men want to make their peace with...to be protected by or to be loved by.

--Phyllis Chesler

When any relationship is characterized by difference, particularly a disparity in power, there remains a tendency to model it on the parent-child-relationship. Even protectiveness and benevolence toward the poor, toward minorities, and especially toward women have involved equating them with children.

--Mary Catherine  
Bateson

Infatuation is a mental state when a man is out of his mind because there's a woman in it.

—Evan Esar

No doubt exists that all women are crazy; it's only a question of degree.

--W. C. Fields

Psychologists who study relationships say that three ingredients generally determine the strength of commitment: overall satisfaction with the relationship; the investment one has put into it (time and effort, shared experiences and emotions, etc.); and the quality of perceived alternatives. Two of the three—satisfaction and quality of alternatives—could be directly affected by the larger mating pool that the Internet offers.

--Dan Slater

Never, under any circumstances tell a woman she's crazy unless you actually want to see crazy.

—Ged Backland

If its sanity you are after there is no recipe like laughter.

—Henry Elliot

Those most likely to be raped or sexually assaulted are young women between the ages of 16 and 24, women with their whole lives ahead of them. This one act of violence will alter their lives forever.

—Rosa DeLauro

Most fathers don't see the war within the daughter, her struggles with conflicting images of the idealized and flawed father, her temptation both to retreat to Daddy's lap and protection and to push out of his embrace to that of beau and the world beyond home.

--Victoria Secunda

The sexual act without love never bridges the gap between two human beings, except momentarily.

—Erich Fromm

Love is so misused a word. I don't even know what it means, do you? What is it: compassion, caritas, pity? In any case, it has nothing to do with lust, and the mixing up of the two is one of the reasons we're in such trouble emotionally.

--Gore Vidal

They say you don't get over someone until you find someone or something better. As humans, we don't deal well with emptiness. Any empty space must be filled. Immediately. The pain of emptiness is too strong. It compels the victim to fill that place. A single moment with that empty spot causes excruciating pain. That's why we run from distraction to distraction and from attachment to attachment.

—Yasmin Mogahed

Romantic love is mental illness. But it's a pleasurable one. It's a drug. It distorts reality, and that's the point of it. It would be impossible to fall in love with someone that you really saw.

--Fran Lebowitz

No white person knows, really knows, how it is to grow up as a Negro boy in the South. The taboo of the white woman eats into the psyche, erodes away significant portions of boyhood sexual development, alters the total concept of masculinity, and creates in the Negro male a hidden ambivalence towards all women, black as well as white.

--Calvin Hernton

Living in a society where the objective social position and the reputed virtues of white women smother whatever worth black women may have, the Negro male is put to judging his women by what he sees and imagines the white woman is.

--Calvin Hernton

Most people treat pretty girls as pretty girls and nothing else—as though nothing could be wrong if a girl was pretty so she had no right to be miserable.

--Janice Rule

Outstanding beauty, like outstanding gifts of any kind, tends to get in the way of normal emotional development, and thus of that particular success in life which we call happiness.

--Milton R. Sapirstein

The psychic scars caused by believing that you are ugly leave a permanent mark on your personality.

--Joan Rivers

Recent psychology research has found that dressing more formally actually makes people think differently. When people dress up they feel more powerful, and this allows them to make better decisions....Dressing in what you perceive to be the clothing of the most well-regarded and competent person for a role will have a psychological effect on you, allowing you to actually perform as a more competent person in that role.

—Peter Harris

## **YOU'RE NOT UGLY AT ALL**

Have you ever noticed, that when you look at yourself,  
Really look at yourself,  
You're not ugly at all.

I don't mean how you look when you've just finished your face in the mirror  
Not after you've perfected that cat-eye liner  
Not after you've applied your bright red lips  
Not after you've blushed your cheeks just the right amount

I mean when your face is naked  
When you've just stepped out of the shower  
When you can see those freckles,  
When you can see that acne  
When you can see those bags under your eyes

You spend too much time hating those tiny imperfections,  
Too much time shredding your self esteem

But the makeup gets caught in the cracks of your façade  
And those all too obvious insecurities are magnified  
You try so hard to cover those scars  
That you can't see you're just making it worse

Why is it so difficult to love what is natural?  
Why are you made to feel bad about something you were born with?  
About something out of your control?  
Why does it always seem like everyone looks perfect but you?  
Like out of a whole production line of dolls, you were the only defective one?

Because society says so  
Because the models in the magazines you read look like alien beings of perfection  
But why do you listen to what society says?  
Haven't you realized that 99% of society does not look anything like the ideal of  
beauty they advocate?

Those models in those magazines don't even like what they look like, even though  
they are deemed the ideal

You need to love what you were born with  
You need to love who you are when you are alone in the bathroom, no makeup on,  
just you and your reflection  
Because if you heal those internal scars that you tried so hard to cover with makeup  
You won't be broken anymore, you'll be whole  
And you'll find that you're a hell of a lot prettier than you gave yourself credit for.

You'll realize that you weren't ugly at all.

—Turner Collins

Being well-dressed gives a feeling of inward tranquility which psychoanalysis is  
powerless to bestow.

—Sebastian Horsley

No man can possibly realize how women are influenced by the clothes they wear.  
Put even the plainest woman into a beautiful dress and unconsciously she will try to  
live up to it.

--Lady Duff-Gordon

When girls feel bad about their looks, 60 percent avoid normal daily activities like raising their hand in class or even going to the doctor. That means that girls do not show up for life when they don't feel good enough or pretty enough. A role model can help girls see beauty as a source of confidence, not anxiety.

—Mandy Moore

Shyness has a strange element of narcissism, a belief that how we look, how we perform, is truly important to other people.

—André Dubus

The most significant fashion innovation is definitely the high heel. None of us looks sexy or powerful or stylish walking around on our knees. Height, and the ability to dominate—sexually, stylishly, politically, interpersonally—is our principal social currency.

--Simon Doonan

Women and adolescent girls harbor a built-in kind of crazy. It's only the nature and degree that vary.

—Men

Suicide isn't about cowardice. It's not painless or easy, like pulling the fire alarm to get out of math class. It takes a kind of courage, a fearless endurance that's not laudable, but certainly not weak or impulsive. On the contrary, suicide takes a slow habituation to pain, a numbness to violence. There is a heightened suicide risk shared by athletes, doctors, prostitutes, and bulimics, among others—anybody with a history of tamping down the body's instinct to scream, which goes a long way to unlocking the riddle of military suicides.

--Thomas Joiner

Death is psychologically as important as birth. I am convinced that it is hygienic—if I may use the word—to discover in death a goal towards which one can strive, and that shrinking away from it is something unhealthy and abnormal which robs the second half of life of its purpose.

--Carl G. Jung

Almost by definition, suicide points to underlying psychological vulnerability. The thinking behind it is often obsessive and then impulsive; a kid can be ruminating about the train for a long time and then one night something ordinary—a botched quiz, a breakup—leads him or her to the tracks.

—Hanna Rosin

One thing that puts a kid at risk is someone else's suicide. The scariest thing kids told me is that now, in one student's phrasing, 'suicide is one of the options.'

—Hanna Rosin

I'm expected to know the answers to questions such as why people kill themselves. And myself and my friends, we often, when we're relaxing, admit that we really don't have a good idea of why people kill themselves

—David Lester,  
Psychology  
Professor and  
Suicide Authority

People don't die from suicide; they die from sadness.

—*www.HealthyPlace.com*

The main 'why' of suicide is mental illness.

—Allyna Mota Melville

90% of people who die by suicide have a diagnosable and treatable psychiatric disorder at the time of their death.

—*American Foundation  
for Suicide  
Prevention*

When a person is born we rejoice, and when they're married we jubilate, but when they die we try to pretend nothing has happened.

—Margaret Mead

What kills a person at twenty-five? Leukemia. An accident. But George knows the better odds are that someone who passes at that age dies of unhappiness. Drug overdose. Suicide. Reckless behavior.

—Scott Turow

One out of one dies. Nothing, no one, lives forever. In an age of medical miracles, we have not yet eliminated death. Through technology we have introduced new and different choices concerning the when, where, and how of death, but still not the whether. All things end at some point. Regardless of how much energy or emotional commitment we invest in a relationship, it cannot last forever. Because one cares, because one invests a certain portion of one's self into the cycles of others, one learns what it is to hurt and to grieve when those cycles are completed in one way or another.

If we have, then we are in danger of not having, and that loss (whether through death, divorce, abandonment or mutual dissolution) can be the most painful and devastating experience of one's own cycle. Or it can be a point of growth and expansion of the spirit. But, regardless, loss hurts.

Grief is a natural and normal reaction to loss, loss of any kind. It is a physical, emotional, spiritual and psychological response. The death of a child is perhaps the most devastating loss one may experience. Yet, grief occurs following any change in our lives. Even positive change can bring a momentary grief response.

Grief is a complex process, guided by our past experiences, our religious beliefs, our socio-economic situation, our physical health, and the cause of the loss. Love, anger, fear, frustration, loneliness, and guilt are all part of grief. It is important to understand that grief is not a sign of weakness or lack of faith. Grief is the price we pay for love.

In his research, Colin Murray Parkes identified four components of the grief process.

When we first become aware of the loss, we become numb. Shock is a physiological phenomenon which protects us from further pain. When our circuits become overloaded, we cannot accept further information. We stop listening, stop hearing; you may feel like you've stopped breathing. A protective fog blankets us and cushions the reality of death. We switch to 'automatic' and our responses become mechanical. Decisions are made and actions taken and events pass, all without our full participation. Shock is what helps us get through the necessary details of death. It can last anywhere from a few moments to several months. When the shock or numbness wears off, the reality of our loss crashes into us. The collision with reality of death hurts. Parkes calls this part of the grief process pining. We know it as hurt. Unlike the localized pain of a physical injury, this pain is totally engulfing. Every part of us hurts. There's a tightness in the throat, a searing pain in the chest, a heaviness in the heart. It hurts to move. It hurts to breathe. It hurts just to be! Sometimes the pain is so intense, we may develop physical symptoms. Sleep irregularities, changes in appetite, and gastrointestinal disturbances are common. Heartache, restlessness, muscle tension, and sighing may occur.

Anger and guilt are common emotions. You may feel angry with God, your spouse, your child or with others either involved with or totally separate from the death of your child. You may be angry with yourself. Our sense of helplessness intensifies our anger. Why couldn't I prevent my child's death? 'If onlys' begin to haunt our thoughts. We retrace, over and over again, the circumstances of our child's death, looking for something we should or could have done to prevent our child's death. Why cries out and goes unanswered.

Guilt feelings often accompany or follow anger. You may want to withdraw and be left alone.

Depression and feelings of emptiness and hollowness may temporarily overcome you. You may experience headaches, tightness in the throat or chest, muscle aches

or a burning sensation in your stomach. Grief hurts! You may, for awhile, become preoccupied with images of your child. You may 'see' or sense your child's presence. You may begin to wonder if you are going crazy. Parkes calls the next part of the grief process dejection or depression. Now pain is replaced by emptiness. It may seem like you've fallen into a deep void. Emptiness may swallow up even the memories of your child. Apathy and deep depression are common. A feeling of being hollow sets in. We may feel that our lives have lost all meaning. Who are we now that our child is dead? Am I still a mother if there is no child to kiss? Am I still a dad if there is no one to tuck in at night? How can we go on living when our child has died? We feel cheated, betrayed, robbed not only of our child's presence, but of our future as well!

—Darcie Sims

## **SIX YOUNG MEN**

David was an honor student, star quarterback on his high school football team, and a perfectionist who 'gave 100 percent' to everything he did. When he earned an athletic scholarship to a prestigious Midwest college, the community shared his family's pride. But by the beginning of his sophomore year, things were not going well. After he was cut from the college football team, friends began to notice his despondency and strange behavior. They urged him to sign himself into the hospital. Hours later, David slipped out of the psychiatric ward and made his last run. Dashing down the corridor, he plunged through a plate glass window to his death three floors below.

Eddie's elementary teachers described him as 'immature,' 'impulsive,' and 'capable of doing more.' Despite the help he received in the learning disabilities program, Eddie never managed to graduate from high school. Late in his senior year, he got into trouble with the law. Unable to wait for the outcome of an indictment hearing, he hung himself from the back of his truck. Meanwhile, his attorney was trying to contact him to give him the good news that his case had been dismissed.

Paul, a sensitive, artistic 17-year-old, lived with his stepmother and his father, a successful advertising executive. His natural mother had been hospitalized on several occasions for emotional problems. During high school, Paul drifted into the 'punk' crowd and spent much of his time absorbed in 'heavy metal' rock. One night he was cited for driving under the influence, instead of going to school the next day, he shot himself.

Fifteen-year-old Eric was a loner in his 8th grade class. As a youngster, he had been diagnosed as 'hyperactive' and took Ritalin to control his disruptive behavior in class. Teachers described him as unhappy in school. Later they would note that he

always tried very hard to please. In junior high school Eric was a tense, anxious youngster who was obsessed with militarism and teased by his schoolmates. He spent much of his time playing ‘Dungeons and Dragons.’ One summer afternoon he hung himself. There was no apparent reason.

Joe had a history of poor school attendance. His measured intelligence ranged from 103 to 85. He suffered from migraine headaches and got into minor disciplinary scrapes. A notation on his school records simply said ‘difficult home situation.’ Joe failed 7th grade but was placed in 8th grade; subsequently, he failed 8th grade and was placed in 9th grade. He failed 9th grade the following year. Now a 17-year-old freshman, he did not return to school. In the years that followed he began to drink heavily and was unable to hold a job. After his girlfriend ended their relationship, Joe was convicted on the last of several DWIs (driving while intoxicated). He ended his life.

‘Dearest Family’ wrote Fred in his last note. ‘I just couldn’t seem to get it together; then booze and pot got hold of me. I just want you to know that I love you more than I could ever say. ...’ Fred was the youngest in a family that placed great value on education. Both his brother and sister already had master’s degrees. But from the first day of kindergarten, Fred had hated school. He had difficulty concentrating and could not cope with frustration. After high school graduation, he made three attempts at attending college. Dropping out for the last time, he was unable to find steady work in a depressed Midwest economy. When he was turned down by the military because of a pre-diabetic condition, he became severely depressed. Shortly after, he was picked up on his second DWI charge. Facing a long jail term, he chose to end his life.

—Maxine Seibel and  
Joseph N. Muray

## **HOW TO FIGHT TEENAGE SUICIDE: GUIDE TO THE DANGER SIGNALS**

Suicidal behavior among teenagers can be spotted in time, according to physicians at the *University of Michigan Medical Center*. They have developed and successfully tested a profile to help parents and professionals identify potential teenage suicide victims. Dr. Norman Alessi, who is assistant professor of psychiatry at the *U-M Medical Center* and director of the *Child and Adolescent Affective Disorders Program* at the *U-M Medical Center*, and Dr. Douglas R. Robbins, former assistant professor of psychiatry at the *U-M Medical Center*, developed their suicide profile from a study of 27 males and 37 female teens who were hospitalized at the *U-M Medical Center’s Children’s Psychiatric Hospital*.

Examples of important clues to watch for are depressed mood, anhedonia (lack of a sense of pleasure), social withdrawal, decreased performance in school, and

a noticeable increase in substance use.

The researchers found that the combination of a depressed mood with drug or alcohol abuse is the deadliest combination,

In his research, Alessi found two general types of suicidal teens. One is the teen who seems to be doing well with friends, in school, and in the other areas of his life, then undergoes a marked change. School performance falls, personal hygiene decreases, he or she withdraws socially, has problems sleeping, and begins losing weight.

‘Many of these teens have a biological disposition favoring suicide,’ Alessi said. ‘A chemical imbalance develops in the brain. Usually there is a history of depression, alcoholism, and suicide in their families. Some of these people are being treated now with drugs to help restore the chemical imbalance, but much more research is needed to effectively help these people, who are considered biological time bombs,’

The second type of suicidal teen is one who has not done well in school. This teen is found on the fringe of social activities and may have a learning disability. ‘People around them usually see this teen as a loser, not as an accepted person,’ Alessi said, ‘This teen feels tremendous despair because he begins defining himself according to how others see him. This teen also seems to have a higher potential for suicide.’

—*University of Michigan  
Medical Center,  
Health News  
Service*

- MYTH      Adolescents who talk about killing themselves rarely commit suicide.
- FACT      Many adolescents who commit suicide have declared or hinted at their intent, so suicidal threats and attempts should always be treated seriously.
- MYTH      The tendency toward suicide is inherited and passed from generation to generation.
- FACT      Suicide is a behavior and, as such, is not inherited. However, research indicates that emotional disorders, such as depression, may be inherited. Therefore, children in some families may carry a higher likelihood of self-destruction than those in others.
- MYTH      The suicidal person wants to die and feels that there is no turning back.
- FACT      Suicidal people often are ambivalent about dying and frequently will call for help immediately following an attempted suicide.
- MYTH      Suicidal people are mentally ill.
- FACT      Although many suicidal adolescents are depressed and distraught, most of them cannot be diagnosed as seriously mentally ill.

- MYTH If someone attempts suicide, he will always entertain thoughts of suicide.
- FACT Most adolescents who are suicidal are that way for only a brief period in their lives. If a young person who attempts suicide receives the proper assistance and support, he may never be suicidal again.
- MYTH If you ask an adolescent about her suicidal intentions, you will encourage the young person to kill herself.
- FACT Actually, the opposite is true. Asking someone directly about a suspected suicidal intent often will lower her anxiety level by encouraging her to vent pent-up emotions, thus deterring the act of self-destruction.
- MYTH Suicide is more prevalent among lower socioeconomic groups.
- FACT Suicide crosses all socioeconomic groups and no one class is more susceptible to it than another.
- MYTH When a depression lifts, there is no longer any danger of suicide.
- FACT The greatest danger of suicide exists during the first three months after an adolescent recovers from a deep depression.
- MYTH Suicide is a spontaneous activity that occurs without warning.
- FACT While some youth suicides may be spontaneous, most suicidal adolescents plan their self-destruction in advance.

—Dr. Thomas C. Barrett

What leads an adolescent to self-destructive behavior? Here are some of the more common motives for suicide, which also can be reasons for other forms of self harm. **Revenge.** When revenge is the motive, the driving force behind suicide is anger—anger which cannot be directed at the intended target and is therefore directed at oneself, according to E. S. Shneidman, a psychologist and founder of the *American Association of Suicidology*. For many teenagers who consider suicide, the target of their anger is their parents, the partner in a failed romance, or another important person whom the victim perceives as having rejected her. Death is in retaliation for abandonment or the threat of abandonment.

**Manipulation.** Some teenagers use the threat of suicide to try to gain love from others. They attempt to control relationships in their lives by making others responsible. These youngsters are often considered to have disordered personalities.

**Stabilizing Relationships.** Some teenagers threaten suicide in an attempt to stabilize relationships. An attempted suicide may be a tool to divert attention away from family or marital conflicts, for instance.

**Atonement for One's Sins.** Some youths attempt suicide because they feel they have been 'bad.' For example, a young person who believes that his 'bad' behavior caused his parents divorce may feel guilty. In extreme cases, the guilt might stem from feeling responsible for the death of a parent.

**A Cry for Help.** Suicidal behavior contains a very definite message for those who recognize it. It is a distress signal indicating that a young person is engulfed by feelings of helplessness and hopelessness. The behavior is a method of communicating to others, 'I no longer can cope and I need help to stay alive.'

**Death of a Parent.** Some teens commit suicide when they can't come to terms with the death of a parent. The nature of the relationship with the deceased parent prior to his or her death, and that with the remaining parent, are critical.

**The Only Way Out.** Some youths believe suicide is the only way to escape intolerable situations such as physical, sexual, or emotional abuse. Suicide may appear to be the only way out of cult membership also.

**Reaction to Stress.** Some youths take their lives when they experience a number of stressful situations at the same time. They view their problems to be collectively unmanageable, and they feel they are failures at life. This can happen to youths who adults perceive as successful and well-adjusted.

—Dr. Thomas C. Barrett

## **BASIC INTERVENTION STRATEGIES**

Although those who are not trained as mental health professionals should be cautious in dealing with a young person who might be suicidal, what they do between the time they recognize this fact and the time the potential victim gets professional help could save her life. Because suicidal adolescents feel disconnected and alone, the most effective thing to do is to help them feel 'connected.'

Here are some ways to both make that correction and, possibly, stave off a potential suicide.

1. Be willing to listen. Reflect back to the young person the thoughts and feelings being expressed. This will help her feel that you truly are trying to understand her.
2. Show interest and support for the young person's feelings as well as for the information that she is giving you.
3. Don't judge the young person's problems using adult standards. For example, the grief a teenager experiences over the loss of a love relationship is real. To discount these feelings may lead a young person to doubt that you are someone who can help her.
4. Trust your intuition. If a young person is not expressing suicidal thoughts, but you suspect they exist, ask. For example, say, 'You seem to be in a great deal of emotional pain and I am concerned about your safety. Have you been thinking of hurting yourself or even killing yourself as a way of making all of this go away?'
5. Don't panic if the answer is 'yes.' The young person's feelings are finally out in the open. This alone can provide tremendous relief to him.

6. Avoid countering or saying, 'No, you can't,' Some young people feel that the only control they have in their lives is the choice to live or die, and it might be a mistake to challenge this one last shred of control. The goal is to delay the impulse for suicide until other possibilities can be explored. One way to do this is to tell the young person: 'No one can really prevent you from harming yourself if that is what you really want to do. But then again, no one can stop you a week from now or a month from now either. So, I suggest you postpone it until other solutions can be explored.'
7. Don't be judgmental. Accept as truth what the young person is telling you. Don't discount his feelings by giving advice.
8. Don't allow yourself to be sworn to secrecy.
9. Get help from a mental health professional or agency in the community. Don't take on the role of a mental health therapist. Stick to the role of friend, confidant, and helper.

—Dr. Thomas C. Barrett

## **WHAT GRIEVING CHILDREN NEED TO DO**

Grief thoughts and feelings are continuous and ever changing, inundating bereaved children's lives like waves on the ocean. These thoughts and feelings may arrive without warning, and children feel unprepared for their enormity in a school setting. How can teachers help? By recognizing that these children often need to do the following:

1. They need to acknowledge a parent or sibling who died by using his or her name or by sharing a memory.
2. They need to use tools such as drawing, writing, role-playing, and re-enactment to safely project feelings and thoughts, about their loss.
3. They need to be allowed to go to a safe place outside the classroom when overwhelming feelings arise, without explaining why in front of classmates.
4. They need to call their surviving parent during the school day or visit the school nurse for reassurance that they and their family are okay. Such reality checks counteract children's preoccupation with their own health and the health of their loved ones.
5. They need physical ways (like memory books) to re-experience and share memories in a safe way.

—Linda Goldman

## TEENAGE SUICIDE: 13 DEADLY MYTHS

1. Nothing could have stopped her once she decided to kill herself.
2. The person who fails at suicide the first time will eventually succeed.
3. People who talk about killing themselves never do.
4. When he talks about killing himself, he's just looking for attention. Ignoring him is the best thing to do.
5. Talking about suicide to a troubled person may give him morbid ideas.
6. People under a psychiatrist's care rarely commit suicide,
7. Suicides often occur out of the blue.
8. People who kill themselves are insane.
9. Once a person tries to kill himself and fails, the excruciating pain and shame will keep him from trying again.
10. Once the depression seems to be lifting, would-be suicides are out of danger.
11. Only a certain type of youngster commits suicide, and my child just isn't the type.
12. Suicides are mainly old people with only a few years left to live.
13. Suicides run in families, so you can't do much to prevent it.

—Dr. Mary Griffin and  
Carol Felsenthal

Adolescent suicide is a topic that has for too long been shrouded in silence. Our western Judeo-Christian ethic has caused us to view suicide as cowardly, shameful, and sinful and for this reason it has become a topic that makes us feel uncomfortable, unsure, and threatened. We are confused about suicide because we have difficulty comprehending the magnitude of despair that would cause a human being to take his or her life.

Because we are so uncomfortable with the topic, it is important that we discuss the subject, forcing ourselves to struggle with the implied problem of values that are involved with suicide. We must find solutions that will keep youth from viewing suicide as the only alternative.

The very morning the author began to write this monograph, the daily newspaper headlined: 'Teen Shoots Self in Class' and 'Teen Suicide's Body Found.' We are all familiar with these kinds of reports in local papers throughout the country. Sensationalism? Hardly. As you read this...there will be one adolescent suicide attempted each minute somewhere in the country. Today 18 youths will succeed in their attempt. This year 6,500 young people will commit suicide. Even more astounding is that these numbers may be low, for many suicides go unreported, are masked, or fall under the category of one-car auto accidents. Researchers tend to agree that the 'real' numbers of adolescent suicides could be as many as four times the number reported. Not 18 suicides today but perhaps 72! Not 6,500

suicides this year, but perhaps more than 25,000!

These are frightening statistics; in fact, the subject is frightening. However, it is imperative that we cast aside the taboos associated with suicide, that we reject the conspiracy of silence that has surrounded the word, and that we set ourselves to the task of developing and initiating meaningful programs that will virtually eliminate suicide as an alternative in the minds of youth.

—Richard A. Dempsey

## **MYTHS ABOUT SUICIDE**

Numerous myths have developed over the years about suicide and the suicidal person. We should explore some of these myths in hopes of setting the record straight and getting an accurate focus on the subject.

**MYTH 1.** Those who openly talk about suicide never commit it

There has long been a tragic belief that those who threaten suicide never follow through with the act. Research indicates that as many as 60 percent of those who commit suicide have made statements about their intentions to someone. Verbal threats or even reference to suicide should be construed as a cry for help. Adolescents who openly discuss the alternative of suicide may be asking for intervention. If the cry for help is not heard, or, if heard is not treated seriously the outcome may be tragic.

**MYTH 2.** There are suicidal-type people.

Suicide knows no racial, sexual, economic, social, mental, physical, or biological restrictions. The death of a parent by suicide can increase the potential for self-destruction by an adolescent. If that parent is viewed as a positive role model by the youth, the adult's solution can then become the adolescent's solution. Generally speaking, however, death by suicide cannot be 'type-cast.'

**MYTH 3.** Suicidal people are completely intent on dying.

Most people who attempt or commit suicide are undecided about whether or not to continue to live. They tend to gamble with death, trusting and hoping that others will help them. Nearly no one commits suicide who has not told others in some fashion how he or she is feeling.

**MYTH 4.** Once a person becomes suicidal, he or she is suicidal forever.

Research tells us that people who consider self-destruction are in that state for only limited periods of time. This does not mean that this state cannot periodically recur when the individual's perceptions of life become clouded. But if the person receives help when it is needed, there is good reason to believe that suicide as a solution can be removed from the person's alternatives.

MYTH 5. Improvement after a suicidal crisis or attempt means the risk is over. The turmoil of an attempted suicide can be devastating to an individual, usually creating emotional exhaustion. Research indicates that most suicides occur within about three months after the signs of recovery from an attempted suicide have been observed. It is at this point that the individual usually has sufficient energy to put suicidal thoughts back into action.

MYTH 6. Suicide victims are always mentally ill or psychotic. Studies of hundreds of genuine suicide notes indicate that suicidal people are extremely unhappy and not necessarily mentally ill. They are suffering from a complex set of forces that manifests itself in seemingly hopeless dependency—a feeling that joy and optimism are not obtainable and that life is not worth the continued hassle.

MYTH 7. Suicide happens without warning. In most cases, many clues are given that might alert friends and family to the possibility of an impulsive act. It is extremely important that we are attuned to these clues. One of the most obvious indicators of potential basis for suicidal behavior is a rapid change or drastic alteration in one's moods, ambition, interests, involvements, and, in general, a change in lifestyle.

MYTH 8. Inquiring about suicide plans will increase the likelihood of a suicide. Asking about suicidal thoughts in depressed persons does not increase the risk of suicide. It is important to determine the person's intent. To discuss these plans openly and honestly can do much to put the problems into focus.

—Richard A. Dempsey

Children who grieve over the death of a parent, grandparent, brother or sister, or friend often are 'the forgotten mourners,' says Susan Smith, author of a book by that name. Smith and other researchers on childhood and adolescent bereavement say most adults mistakenly assume that kids bounce back after a short mourning period. And they incorrectly believe that kids' grief steadily diminishes until it ends for good.

But grief often submerges and re-emerges, in varying intensity, for months and years. How children and teens understand death—and how they grieve—depends on factors such as age and developmental stage; ethnic culture and beliefs; and whether the death was caused by disease, accident, or suicide.

Many children experience 'complicated grief' that involves serious and long-lasting physical and emotional reactions, says Columbia University's Grace Christ, who explains how children's developmental stages affect their understanding of death and the form their mourning takes:

3-to 5-year-olds do not understand the permanence of death; ask repeatedly when the deceased person is coming back; are frightened by adults' grieving; demand a replacement for the deceased. Complicated grief includes anxiety and regressive behaviors longer than six months after the death.

6- to 8-year-olds understand that death is universal and permanent; assume blame and guilt for the death; mourn through stories, pictures, and remembrances. Complicated grief includes school refusal, physical symptoms, suicidal thoughts, and regressive emotions and behavior.

9- to 11-year-olds demand detailed information about the death; avoid sadness and other strong emotions; increasingly express anger; feel a sense of the deceased's presence. Complicated grief includes shunning friends and increased moodiness and misbehavior three to six months after the death.

12- to 14-year-olds act callous, indifferent, and egocentric; strongly sense the deceased person's presence; ...take comfort in the deceased's clothing and possessions. Complicated grief includes refusing to attend school, persistent depression, drug or alcohol use, associating with delinquents, and precocious sexual behavior.

15- to 17-year-olds express thoughtfulness and empathy; resist excessive demands at home; feel overwhelmed by survivors' emotional dependence and grief; grieve in adult-like ways with sadness and painful memories, but grief is of shorter duration; worry about their own vulnerability and death; have private conversations with the deceased. Complicated grief includes mood swings, withdrawal from friends and group activities, poor school performance, and high-risk behaviors such as drug use.

—Susan Black

We have many cases of men committing suicide rather than face their own individuality. I know of no case of a woman who committed suicide because she was gay.

—George Weinberg

Normal people—people who otherwise have no signs of derangement or a lack of a grip on basic human moral principles—do evil stuff all the time...that's the human condition: We don't have easy access to a zoomed-out view of morality and empathy. We do what the people around us are doing, what our culture is doing.

—Jesse Singal

Women are evolutionarily predestined not to collaborate with women they are not related to. Women and girls are less willing than men and boys to cooperate with lower-status individuals of the same gender; more likely to dissolve same gender friendships; and more willing to socially exclude one another.

—Joyce Benenson,  
Psychologist

## WHEN TO BECOME INVOLVED

What are the warning signs that a young person is ‘at risk’—a potential suicide victim? Educators should become involved if two or more characteristics are evident in a young person:

1. Is a victim of domestic violence, child abuse, rape, or other assault
2. Has previously attempted suicide or has known a family member, relative, or friend who committed suicide
3. Is an extreme perfectionist
4. Is more withdrawn, uncommunicative, and isolated than usual
5. Has developed a phobia about school
6. Is unable to develop significant and empathetic relationships
7. Demonstrates any change in behavior or attitude
8. Exhibits daredevil or self-abuse behaviors
9. Drops out of school or changes classes
10. Expresses a desire to die
11. Leaves poems, diaries, drawings, or letters to be easily found.

—Steven Bruno

Women undermine one another because they have always had to compete for mates and for resources for their offspring. Helping another woman might give that woman an edge in the hot-Neanderthal dating market, or might give her children an advantage over your own, so you frostily snub her. Women can gather around smiling and laughing, exchanging polite, intimate, and even warm conversation, while simultaneously destroying one another’s careers. The contrast is jarring.

—Joyce Benenson,  
Psychologist

Women are people. If the only way to get ahead is to run like hell away from other women, some women are going to do that.

—Joan C. Williams

System Justification: a psychological concept in which long-oppressed groups, struggling to make sense of an unfair world, internalize negative stereotypes. Women simply don’t have the same status in American life that men do. So when people think, Who do I want to work with?, they subconsciously leap to the default, the historically revered—the man. Some women look around, see few women running things, and assume that there must be something wrong with women themselves.

—Laurie Rudman

The arrival of the smartphone has radically changed every aspect of teenagers' lives, from the nature of their social interactions to their mental health. These changes have affected young people in every corner of the nation and in every type of household. The trends appear among teens poor and rich; of every ethnic background; in cities, suburbs, and small towns. Where there are cell towers, there are teens living their lives on their smartphone.

—Jean M. Twenge

More comfortable in their bedrooms than in a car or at a party, today's teens are physically safer than teens have ever been. They're markedly less likely to get into a car accident and, having less of a taste for alcohol than their predecessors, less susceptible to drinking's attendant ills.

Psychologically, however, they are more vulnerable than Millennials were; rates of teen depression and suicide have skyrocketed since 2011. It's not an exaggeration to describe iGen as being on the brink of the worst mental health crisis in decades. Much of this deterioration can be traced to their phones.

—Jean M. Twenge

Social networking sites like Facebook promise to connect us to friends. But the portrait of iGen teens emerging from the data is one of a lonely, dislocated generation. Teens who visit social networking sites every day but see their friends in person less frequently are the most likely to agree with the statements 'A lot of the time I feel lonely,' 'I often feel left out of things,' and 'I often wish I had more good friends.' Teens' feelings of loneliness spiked in 2013 and have remained high since.

—Jean M. Twenge

The more time teens spend looking at screens, the more likely they are to report symptoms of depression. Eighth-graders who are heavy users of social media increase the risk of depression by 27 percent, while those who play sports, go to religious services, or even do homework more than the average teen cut their risk significantly.

—Jean M. Twenge

For all of their power to link kids day and night, social media also exacerbate the age-old teen concern about being left out. Today's teens may go to fewer parties and spend less time together in person, but when they do congregate, they document their hangouts relentlessly—on Snapchat, Instagram, Facebook. Those not invited to come along are keenly aware of it. Accordingly, the number of teens who feel left out has reached all-time highs across age groups. Like the increase in loneliness, the upswing in feeling left out has been swift and significant.

—Jean M. Twenge

Girls have borne the brunt of the rise in depressive symptoms among today's teens. Boys' depressive symptoms increased by 21 percent from 2012 to 2015, while the girls' increased by 50 percent — more than twice as much. The rise in suicide, too, is more pronounced among girls. Although the rate increased for both sexes, three times as many 12-to-14 year old girls killed themselves in 2015 as in 2007, compared with twice as many boys. The suicide rate is still higher for boys, in part because they use more-lethal methods, but girls are beginning to close the gap.

—Jean M. Twenge

The smart phone is cutting into teens' sleep: Many now sleep less than seven hours most nights. Sleep experts say that teens should get about nine hours of sleep at night; a teen who is getting less than seven hours a night is significantly sleep deprived. Fifty-seven percent more teens were sleep deprived in 2015 than in 1991. In just the four years from 2012 to 2015, 22 percent more teens failed to get seven hours of sleep....Teens who spend three or more hours a day on electronic devices are 28 percent more likely to get less than seven hours of sleep than those who spend fewer than three hours, and teens who visit social-media sites every day are 19 percent more likely to be sleep deprived. A meta-analysis of studies on electronic device use among children found similar results: Children who use a media device right before bed are more likely to sleep less than they should, more likely to sleep poorly, and more than twice as likely to be sleepy during the day....Sleep deprivation is linked to myriad issues, including compromised thinking and reasoning, susceptibility to illness, weight gain, and high blood pressure. It also affects mood: People who don't sleep enough are prone to depression and anxiety

—Jean M. Twenge

Prying the phone out of our kids' hands will be difficult, even more so than the quixotic efforts of my parents' generation to get their kids to turn off MTV and get some fresh air. But more seems to be at stake in urging teens to use their phones responsibly, and there are benefits to be gained even if all we instill in our children is the importance of moderation. Significant effects on both mental health and sleep time appear after two or more hours a day on electronic devices. The average teen spends about two and a half hours a day on electronic devices. Some mild boundary setting could be keep kids from falling into harmful habits.

—Jean M. Twenge

Insanity is just an alternative way of perceiving reality.

—*Esalen Institute*

What we call happiness in the strictest sense comes from the (preferably sudden) satisfaction of needs which have been dammed up to a high degree.

--Sigmund Freud

The amount of satisfaction you get from life depends largely on your own ingenuity, self-sufficiency, and resourcefulness. People who wait around for life to supply their satisfaction usually find boredom instead.

--Dr. William Menninger

The search for happiness is one of the chief sources of unhappiness.

--Eric Hoffer

How to gain, how to keep, how to recover happiness is in fact for most men at all times the secret motive of all they do, and of all they are willing to endure.

--William James

There are seeds of self-destruction in all of us that will bear only unhappiness if allowed to grow.

--Dorothea Brande

If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it.

--Herodotus

Nature has placed mankind under the governance of two sovereign masters, pain and pleasure. They govern us in all we do, in all we say, in all we think.

—Jeremy Bentham

Ships don't sink because of the water around them; ships sink because of the water that gets in them. Don't let what's happening around you get inside you and weigh you down.

—Unknown

If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life.

—Abraham Maslow

You're mistaken if you think wrongdoers are always unhappy. The really professional evil-doers love it. They're as happy as larks in the sky....The unhappy ones are only the guilty amateurs and the neurotics.

--Muriel Spark

No man chooses evil because it is evil; he only mistakes it for happiness, the good he seeks.

—Mary Wollstonecraft

If we're ever going to be truly happy...we need to be willing to charge headlong into the inferno of our most horrific fears—eyes open, intellect and spirit at the ready—even as our survival instincts are screaming, 'Run! Run! Get out!' That takes courage, and that's why courage is one of the prerequisites for happiness. Courage, they say, is not the lack of fear, but the ability to take action in spite of it. But where does that ability come from? What power grants the strength to overcome the sick, shaky feeling of fear? Only one power is that strong: love. In the ultimate analysis, human beings have only two essential primal feelings: fear and love. Fear impels us to survive, and love enables us to thrive. This complementary pair of feelings has been the driving force of human history. Fear is the product of the reptilian brain, hardwired into every fiber of our being, and love is the product of the neocortical higher brain, where spirit and intellect reside. Thus, the dance of the spirit and reptile—the shifting balance between the neocortex and the reptilian brain—is the dance of love and fear. For you to be happy, love must lead this dance.

—Dan Baker, Ph.D.

Don't let the darkness from your past block the light of joy in your present. What happened is done. Stop giving time to things which no longer exist, when there is so much joy to be found here and now.

—Karen Salmansohn

In recent years, I've tried to come to grips with the idea that you can actually choose to be happy. You can choose not to let things affect you negatively. I've always had such a quick temper. I realize now, it's such a waste of energy. You can actually choose to let things roll off you.

—Jessica Lange

We, the children, are so full of repressed resentments against the tyrannies inflicted upon us by our parents, and so full of repressed shame at the slavery to which we subjected them, that we cannot bear a word against them. The sentimentality with which we regard the home is an exact measure of the secret grudge we actually bear against it.

--Floyd Dell

Family quarrels are bitter things. They don't go according to any rules. They're not like aches or wounds; they're more like splits in the skin that won't heal because there's not enough material.

--F. Scott Fitzgerald

You can't reason yourself back into cheerfulness any more than you can reason yourself into an extra six inches in height.

—Stephen Fry

The human being cannot live too long in the infantile environment, that is, in the bosom of his family, without serious danger to his psychic health. Life demands from him independence, and he who fails to answer the stern call through childish laziness and timidity is threatened with a neurosis.

--C. G. Jung

The mother-child relationship is paradoxical and, in a sense, tragic. It requires the most intense love on the mother's side, yet this very love must help the child grow away from the mother and to become fully independent.

--Erich Fromm

No one family form—nuclear, extended, single-parent, matrilineal, patrilineal, fictive, residential, nonresidential—necessarily provides an environment better for humans to live or raise children in. Wife beating, child abuse, psychological terror, material deprivation and malnutrition take place in each of those family forms. And our responsibility, whether single parents or coparents or no parents at all, is to do all in our power to help create a healthy nonoppressive family environment for every living human being.

--Dr. Johnetta B. Cole

The mind is like a circuit of Christmas tree lights. When the brain works well, all of the lights twinkle brilliantly, and it's adaptable enough that, often, even if one bulb goes out, the rest will still shine on. But depending on where the damage is, sometimes that one blown bulb can make the whole strand go dark.

--Susannah Cahalan

The term 'nature-deficit disorder' has recently entered the popular vocabulary....It was coined by the author Richard Louv to explain a wide range of behavior problems in children who spend less time outdoors but now is invoked as the root cause of an even wider range of both physical and emotional ailments in people of all ages who are disconnected from nature.

--Dr. Andrew Weil

The inconsistencies that haunt our relationships with animals also result from the quirks of human cognition. We like to think of ourselves as the rational species. But research in cognitive psychology and behavioral economics shows that our thinking and behavior are often completely illogical. In one study, for example, groups of

people were independently asked how much they would give to prevent waterfowl from being killed in polluted oil ponds. On average, the subjects said they would pay \$80 to save 2,000 birds, \$78 to save 20,000 birds, and \$88 to save 200,000 birds. Sometimes animals act more logically than people do; a recent study found that when picking a new home, the decisions of ant colonies were more rational than those of human house-hunters.

What is it about human psychology that makes it so difficult for us to think consistently about animals? The paradoxes that plague our interactions with other species are due to the fact that much of our thinking is a mire of instinct, learning, language, culture, intuition, and our reliance on mental shortcuts.

—Hal Herzog

Solastalgia: a condition described by the philosopher Glenn Albrecht as a kind of existential grief for a vanished landscape, be it a swallowed coast, a field turned to desert, or a bygone geological epoch.

—Ross Andersen

I cannot think of any need in childhood as strong as the need for a father's protection.

—Sigmund Freud

1. So, disturbed kids are taking guns to school and killing teachers and classmates. We better make sure kids can't get guns.
2. So, disturbed kids are taking guns to school and killing teachers and classmates. We better find out what's making these kids want to kill, fix that, and then they won't want to use guns to kill teachers and classmates.

See what I did there? Which statement makes more sense? Don't bring up politics. Don't refer to statistical data. Don't nervously look at your cell phone. Just read the two statements and be honest with yourself. We can do better. We're smarter than this. WAKE UP.

--Aaron B. Powell

Clearly there are common sense things we can do to help children to have better lives and keep them from becoming so despondent that their only perceived solution is to kill themselves or others. How oblivious do we have to be to the inner turmoil of our own children to not see what they're going through, and then suggest when they completely snap with homicidal violence, it must've been the video games?

--Edward M. Wolfe

There are no free and democratic and wealthy countries in the world that have our rate of gun violence. We have to worry about loners and alienated people. We have to do better on mental health.

--David Brooks

Everything we think we know about getting older is wrong. We are being manipulated and misled by a cult-like devotion to youth and speed. It's time we shake ourselves out of the misery of aging and re-purpose and restore the wonders and integrity of the second half of our lives. It's crazy. We impose the stress-filled demands and rigors of adulthood on children and, at the same time, we impose ludicrous and unhealthy expectations of youth and beauty on older adults. We try to measure everyone with an adult yardstick. For children, that means they are made to measure up to adult standards when they should be allowed to be children. For elders, it means that they are expected to act as they did 20, 30 or 40 years ago. This results in lives that are disconnected and out-of-balance—unprepared to deal with the realities of aging.

—Dr. Bill Thomas

Learning anything new past the age of 30 is an upward climb: Researchers have found that some of your cognitive abilities (in particular, processing speed) begin to decline in your 20s and 30s. In a cruel act of betrayal, the middle-aged brain even turns its singular advantage—our experience—against us. Through a phenomenon known as interference, the expertise we have accumulated can slow further learning. As Sherry L. Willis, a behavioral scientist at the University of Washington, puts it, 'Your store of knowledge—the number of file drawers you have to go through to retrieve and to get the relevant information and refile the information—increases with age.' This explains, for example, why switching from a PC to a Mac makes people homicidal: The fact that your brain and fingers remember the old key-command system makes mastering the new one more of a struggle.

—Barbara Bradley  
Hagerty

Menopause is as much a 'disease' as adolescence, and it wasn't considered a problem until the 1960s, when drug-makers...effectively rebranded it a disorder of 'estrogen deficiency'—and that was the term they used when they were being polite. The 1966 industry-funded book *Feminine Forever* declared menopause 'a tragedy,' a 'living decay,' and asserted that in the absence of estrogen a woman would 'be condemned to witness the death of her own womanhood.' A 1977 ad for Premarin, an estrogen derived from pregnant horses' urine, shows a family cowering from their crazed matriarch: 'Almost any tranquilizer might calm her down,' reads the copy, 'but at her age estrogen might be what she really needs.'

—Jennifer Block

More than half of Americans over 50 report waking up too early and not returning to sleep, and over 40 percent acknowledge they aren't getting enough shut-eye—something that could be impairing brain function, according to a new report from the *Global Council on Brain Health*. The report notes that seven to eight hours of sleep each night can help maintain cognitive function as we age. On the other hand, too little sleep can contribute to depression and even dementia, particularly in older people, according to recent studies.

—*AARP Bulletin*

Many veterans feel guilty because they lived while others died. Some feel ashamed because they didn't bring all their men home and wonder what they could have done differently to save them. When they get home they wonder if there's something wrong with them because they find war repugnant but also thrilling. They hate it and miss it. Many of their self-judgments go to extremes. A comrade died because he stepped on an improvised explosive device and his commander feels unrelenting guilt because he didn't go down a different street. Insurgents used women and children as shields, and soldiers and Marines feel a totalistic black stain on themselves because of an innocent child's face, killed in the firefight. The self-condemnation can be crippling.

--David Brooks

Gardening is cheaper than therapy and you get tomatoes.

—Poster Slogan

Monsters are real and ghosts are real too; they live inside us and sometimes they win.

--Stephen King

It is not that the Englishman can't feel—it is that he is afraid to feel. He has been taught at his public school that feeling is bad form...He must bottle up his emotions, or let them out only on a very special occasion.

—E. M. Forster

One awesome thing about Eeyore is that even though he is basically clinically depressed, he still gets invited to participate in adventures and shenanigans with all of his friends. And they never expect him to pretend to feel happy, they just love him anyway, and they never leave him behind or ask him to change.

—Unknown

A narrative conveys information from one person's brain to another's in an effective way.

We can learn vicariously through another's experience from a safe space, without really being involved, which is why storytelling is so powerful. We embark on a journey constructed by someone else and, as we see in 'Swan Lake,' we can empathize with what the characters go through without suffering the full force of fresh heartbreak.

'Swan Lake' tells a rather straightforward story of good vs. evil. It centers on Princess Odette, who has been put under a spell and must live a double life as a swan by day, woman by night, until she finds true love.

Prince Siegfried pledges himself to her, but he breaks his vow when a seductive villainess named Odile, also known as the 'Black Swan,' fools him into betraying Odette.

The ballet ends in tragedy—and paradoxically, we like that. Research shows we tend to empathize more with characters in sad stories, and this may trigger hormones related to consoling and bonding.

—Sarah L. Kaufman

Someone mentioned therapy to me once. I read a book instead.

—Jayden Hunter

For those who truly know the passions of reading, favorite books provide an outlet for the mind when it's in overload. They convey a sense of what's right about life; they bring reality home; they champion the notion that chivalry lives; they soothe the emotional wound. They give rise to problems and situations which are similar to our own concerns, and then they provide solutions to the safety of the story and it's characters.

—Jeanneine P. Jones

What is acting but the study of human behavior?

—Amy Smart

A neurotic is a man who builds a castle in the air. A psychotic is the man who lives in it. A psychiatrist is the man who collects the rent.

—Jerome Lawrence

Oh the nerves, the nerves; the mysteries of this machine called man! Oh the little that unhinges it, poor creatures that we are!

—Charles Dickens

The main emotion of the adult Northeastern American who has had all the advantages of wealth, education, and culture is disappointment.

—John Cheever

The Boogeyman is your conscience. The Boogeyman is the result of your own bad behavior.

—Sergio Aragones

If you'd like to be good at something, the first thing to go out the window is the notion of perfection. Obsessing about perfection stops you from growing. You stop taking chances, which means you stop learning. I don't want to be perfect. I want to be useful.

--Scott Berkun

Thought in a child is like a network of tangled threads, which may break at any moment if one tries to disentangle them.

—M. Cramaussel

According to data compiled by the *National Alliance on Mental Illness* and *American Foundation for Suicide Prevention*, approximately 1 in 5 adults in the U.S. experiences mental illness in a given year. Three quarters of all chronic mental illness begins by the age of 24. Nearly 60% of adults with a mental illness did not receive mental health treatment services. On average, there are 123 suicides per day. Men are four times more likely than females to die by suicide.

—Fred Dobry

25% of college students experience mental health disorders. Young men are more at risk for substance abuse, isolation and violence.

50% of college students don't seek help for their mental health. Young men are less likely to seek help than young women.

Oftentimes ineffective coping mechanisms like drugs and alcohol are being used to self-medicate a mental health issue.

—Fred Dobry

Seventy-five percent of people have their first episode of a mental health disorder by age 18. The average amount of time between someone having their first episode and seeking help is about seven years. That's a really long time to further develop ineffective coping mechanisms and have a dysfunctional life.

—Ross Szabo

It is suggested that, in domestic violence at least, the presence or absence of a firearm, or of any other type of weapon, is of far less importance to the outcome than the passion generated in the attacker. The man who has lost control will cause serious injuries in many cases, quite irrespective of the weapon he uses and regardless of the certainty of detection and punishment.

—Colin Greenwood

The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.

—Buddha

There is no fun in psychiatry. If you try to get fun out of it, you pay a considerable price for your unjustifiable optimism.

—Harry Stack Sullivan

In an extensive reading of recent books by psychologists, psychoanalysts, psychiatrists, and inspirationalists, I have discovered that they all suffer from one or more of these expression-complexes: italicizing, capitalizing, exclamation-pointing, multiple-interrogating, and itemizing. These are all forms of what the psychos themselves would call, if they faced their condition frankly, Rhetorical-Over-Compensation.

--James Thurber

It is an accepted commonplace in psychology that the spiritual level of people acting as a crowd is far lower than the mean of each individual's intelligence or morality.

—Christian L. Lange

In 1870, the federal census classified one in every 489 Californians as insane. By 1880, the rate had risen to one in 345. After 1903, when the rate had reached one in 260 and the asylums had passed capacity, the notion of sterilizing inmates gained currency, the idea being that a certain number could then be released without danger of reproducing. Sterilization, or 'asexualization,' of inmates, which was legalized in some other states as early as 1907, was made legal in California in 1909. By 1917, the right of the state to sterilize had been extended twice, first to cases in which the patient did not agree to the procedure, then to cases in which the patient had not even been necessarily diagnosed with a hereditary or incurable disorder, but only with 'perversion or marked departures from normal mentality. By the end of 1920, of the 3,233 sterilizations for insanity or feeble-mindedness performed to that date throughout the United States, 2,558, or seventy-nine percent, had taken place in California.

— Joan Didion

The San Francisco commitment records for the years 1906 to 1929...found that the majority of those hospitalized, fifty-nine percent, had been committed not because they were violent, not because they presented a threat to others or to themselves, but simply because they had been reported, sometimes by a police officer but often by a neighbor or relative, to exhibit 'odd or peculiar behavior.' In 1914, for example, San Francisco medical examiners granted the wish of a woman to commit her thirty-seven-year-old unmarried sister, on the grounds that the sister, despite her 'quiet and friendly' appearance during detention, had begun 'to act silly, lost interest in all things which interest women, could no longer crochet correctly as formerly, takes no interest in anything at present.' In 1915, a forty-year-old clerk was committed because 'for three weeks has been annoying the City Registrar, calling every day and insisting that he is a deputy.' 1922, a twenty-three-year-old divorcee was committed after a neighbor reported she was 'lazy, slovenly, careless of personal appearance, stays away from home for days, neglecting self and consorting with men.' The same year, a forty-eight-year-old pianist was committed on the grounds that 'she had been irresponsible for years; has been a source of great annoyance to many institutions such as Y.W.C.A., Associations, churches, etc.'

— Joan Didion

The high number of Cook County Jail inmates with some form of a mental illness has won the jail the unfortunate distinction as 'America's Largest Mental Health Hospital.' Lesser-known but just as unfortunate is the sad fact that juvenile prisons and detention centers throughout Illinois have become mini-mental health hospitals.

More than 1,000 kids are left in cells across Illinois. Each child has a unique life story, but most of those children have one thing in common: a mental health condition.

Seven of every 10 youths arrested meet the diagnostic criteria for having a mental health condition, and one in five lives with a serious mental health condition. Most often that condition has played a role, either major or minor, in the behavior that led to the child's incarceration. If not identified promptly and treated, there's a strong likelihood that a second arrest will follow and then a third and on and on. The existence of untreated mental health conditions is well-known to the judges, prosecutors, defenders and police in the juvenile justice system. They are used to seeing children in court rooms with histories of schizophrenia, bipolar disorder, depression or other mental health challenges.

—Donne Trotter

In 2012, 5.9 percent of young people suffered from severe mental health issues. By 2015 it was 8.2 percent.

—David Brooks

The quality of our relationships has been in steady decline for decades. In the 1980s, 20 percent of Americans said they were often lonely. Now it's 40 percent. Suicide rates are now at a 30-year high. Depression rates have increased tenfold since 1960, which is not only a result of greater reporting. Most children born to mothers under 30 are born outside of marriage. There's been a steady 30-year decline in Americans' satisfaction with the peer-to-peer relationships at work....Loneliness and social isolation are the problem that undergird many of our other problems. More and more Americans are socially poor. And yet it is very hard for the socially wealthy to even see this fact. It is the very nature of loneliness and social isolation to be invisible. We talk as if the lonely don't exist.

—David Brooks (2018)

During my years caring for patients, the most common pathology I saw was not heart disease or diabetes; it was loneliness. Weak social connections have health effects similar to smoking 15 cigarettes a day, and a greater negative effect than obesity.

—Surgeon Vivek Murthy

Depression is basically your mind bullying you 24/7.

—*theChive*

The children of strict parents are often more effective liars, due to the need to avoid punishment through deception.

—*theChive*

Carl Jung, the founder of analytical psychology, coined the Electra complex to name a girl's competition with her mother for the attention of her father—the feminine corollary of the Oedipus complex.

—Ian Bogost

Laughing is the best medicine. Unless you're laughing for no reason...then you need medicine.

—Internet Meme

The information age is so psychotic—without the cell phone and Internet, I would be drama free right now.

--Lauren Barnholdt

The sign of an intelligent people is their ability to control their emotions by the application of reason.

—Marya Mannes

Collective fear stimulates herd instinct, and tends to produce ferocity toward those who are not regarded as members of the herd.

—Bertrand Russell

Nobody, as long as he moves about among the chaotic currents of life, is without trouble.

—Carl Jung

Humor therapy can be as effective as some drugs in managing agitation in dementia patients. That's according to research at the University of New South Wales in Australia. The study examined the effectiveness of professional humor therapists, called Elder Clowns, who work with nursing home staff trained in the practice, called Laughter Bosses. They performed weekly humor sessions with individuals and groups of patients, using methods based on improv comedy—much like Clown Doctors, who work in children's hospitals to lift the mood of the patients and increase interaction.

Another published study conducted at the Osaka University graduate school of Medicine in Suita, Japan, found that the positive effects of humor can last for weeks after a therapy session.

As dementia patients lose cognitive function, they lose the ability to laugh and smile, especially as a tool of social communication. But some types of laughter are preserved. As the Japanese study explains, some dementia patients will smile or laugh after sleeping well or having a good meal.

—Andrea Cwieka

The healthy man does not torture others—generally it is the tortured who turn into torturers.

—Carl Jung

What a distressing contrast there is between the radiant intelligence of the child and the feeble mentality of the average adult.

—Sigmund Freud

To observe people in conflict is a necessary part of a child's education. It helps him to understand and accept his own occasional hostilities and to realize that differing opinions need not imply an absence of love.

—Milton R. Sapirstein

One need not be a chamber to be haunted;  
One need not be a house;  
The brain has corridors surpassing  
Material place.

—Emily Dickinson

If you know someone who's depressed, please resolve never to ask them why. Depression isn't a straightforward response to a bad situation; depression just is, like the weather. Try to understand the blackness, lethargy, hopelessness, and loneliness they're going through. Be there for them when they come through the other side. It's hard to be a friend to someone who's depressed, but it is one of the kindest, noblest, and best things you will ever do.

--Stephen Fry

In all the sciences except Psychology we deal with objects and their changes, and leave out of account as far as possible the mind which observes them.

—Charles D. Broad

When the mind withdraws into itself and dispenses with facts it makes only chaos.

—Edith Hamilton

The therapeutic effect of reading was not a new concept to the librarians running the VBC (Victory Book Campaign). In the editorial Warren published on the eve of commencing her tenure as director, she discussed how books could soothe pain, diminish boredom or loneliness, and take the mind on a vacation far from where the body was stationed. Whatever a man's need—a temporary escape, a comforting memory of home, balm for a broken spirit, or an infusion of courage—the librarians running the VBC were dedicated to ensuring that each man found a book to meet it.

—Molly Guptill Manning

The IKEA effect...is defined as 'the tendency for people to place a disproportionately high value on objects that they partially assembled themselves.'

—Ben Yagoda

Sunk-cost thinking tells us to stick with a bad investment because of the money we have already lost on it; to finish an unappetizing restaurant meal because, after all, we're paying for it; to prosecute an unwinnable war because of the investment of blood and treasure. In all cases, this way of thinking is rubbish.

—Ben Yagoda

The battles that count aren't the ones for gold medals. The struggles within yourself—the invisible, inevitable battles inside all of us—that's where it's at.

—Jesse Owens

I am terrified by this dark thing  
That sleeps in me;  
All day I feel its soft, feathery turnings, its malignity.

—Sylvia Plath

I didn't need therapy; I just needed to feel loved and know that someone out there craved my attention.

—Robert M. Drake

Take a shower, wash off the day. Drink a glass of water. Make the room dark. Lie down and close your eyes.  
Notice the silence. Notice your heart. Still beating. Still fighting. You made it, after all. You made it, another day. And you can make it one more.  
You're doing just fine.

—Charlotte Eriksson

Sometimes the quiet ones are yelling on the inside.

—Connor Franta

What is madness but nobility of the soul at odds with circumstance.

—Theodore Roethke

Depression/The assassin inside me.

—HastyWords

Logic, when applied to people, fails miserably!

—Joseph J. Breunig

Not all addictions are rooted in abuse or trauma, but I do believe they can all be traced to painful experience. A hurt is at the centre of all addictive behaviours. It is present in the gambler, the Internet addict, the compulsive shopper and the workaholic. The wound may not be as deep and the ache not as excruciating, and it may even be entirely hidden—but it's there....the effects of early stress or adverse experiences directly shape both the psychology and the neurobiology of addiction in the brain.

—Gabor Mate

The level of shyness has gone up dramatically in the last decade. I think shyness is an index of social pathology rather than a pathology of the individual.

—Philip Zimbardo

People act the way they do because they have learned to act that way.

—Aubrey C. Daniels

What's bred in the bone,  
Admits no hope of cure.

—Philip Massinger

Some persons claim they are against behavior modification. The fact is, everyone continually modifies others.

—Lovaas

Barry Lubetkin, clinical director of the *Institute for Behavior Therapy* in New York City, says adult coloring books have allowed some of his most over-wrought patients to relax and cope with panic. One 35-year-old woman told him, 'I lose myself in the color-choosing and trying to stay within the lines. Everything else dissolves into background.'

Lubetkin says this state of active, open attention on the present is precisely what he hopes patients achieve during the intense meditation he recommends. The chance to practice mindfulness—an awareness of what you are sensing and feeling at every moment, without interpretation or judgement.

—Franz Lidz

In America all too few blows are struck into flesh. We kill the spirit here, we are experts at that. We use psychic bullets and kill each other cell by cell.

—Norman Mailer

Handling children's anger can be puzzling, draining, and distressing for adults. In fact, one of the major problems in dealing with anger in children is the angry feelings that are often stirred up in us. It has been said that we as parents, teachers, counselors, and administrators need to remind ourselves that we were not always taught how to deal with anger as a fact of life during our own childhood. We were led to believe that to be angry was to be bad, and we were often made to feel guilty for expressing anger.

It will be easier to deal with children's anger if we get rid of this notion. Our goal is not to repress or destroy angry feelings in children—or in ourselves—but rather to accept the feelings and to help channel and direct them to constructive ends.

Parents and teachers must allow children to feel all their feelings. Adult skills can then be directed toward showing children acceptable ways of expressing their feelings. Strong feelings cannot be denied, and angry outbursts should not always be viewed as a sign of serious problems; they should be recognized and treated with respect.

To respond effectively to overly aggressive behavior in children we need to have some ideas about what may have triggered an outburst. Anger may be a defense to avoid painful feelings; it may be associated with failure, low self-esteem, and feelings of isolation; or it may be related to anxiety about situations over which the child has no control.

Angry defiance may also be associated with feelings of dependency, and anger may be associated with sadness and depression. In childhood, anger and sadness are very close to one another and it is important to remember that much of what an adult experiences as sadness is expressed by a child as anger.

—Luleen S. Anderson

In dealing with angry children, our actions should be motivated by the need to protect and to teach, not by a desire to punish. Parents and teachers should show a child that they accept his or her feelings, while suggesting other ways to express the feelings. An adult might say, for example, ‘Let me tell you what some children would do in a situation like this...’ It is not enough to tell children what behaviors we find unacceptable. We must teach them acceptable ways of coping. Also, ways must be found to communicate what we expect of them. Contrary to popular opinion, punishment is not the most effective way to communicate to children what we expect of them.

—Luleen S. Anderson

More than 20 percent of college students experienced stressful events in the past year that were associated with mental health problems, including harming themselves and suicidal thoughts or attempts....Some of the most common reasons college students seek help from mental health experts are academic stress, relationship concerns, conflict with their family or social group, or identity issues.

Triggers that are often under-appreciated but frequently play a large role in feelings of stress or depression include substance abuse, shape or weight concerns, lack of structure and a feeling of not having a clear direction moving forward.

—Dr. Laura Chang

When people talk without seeing each other, they're better at recognizing each other's feelings. They're more empathetic. Freud understood this long before empirical research demonstrated it. That's why he and his patients lie on a couch, facing away from him. He could listen all the harder for the nuggets of truth in their ramblings,

while they, undistracted by scowls or smiles, slipped into that twilight state in which they could unburden themselves of stifled feelings.

—Judith Shulevitz

Disruptive students have one common characteristic in their unsuccessful efforts to fulfill their psychological needs. They are denying or ignoring the reality of the world around them. Some break school rules and regulations; some claim the principal and teachers are plotting against them; and some withdraw and become complacent or apathetic. These students are denying reality in an attempt to protect themselves from feelings of defeat, loneliness, and insignificance.

—Diane Frey and Joseph  
A. Young

Based on [William] Glasser's two unchanging psychological needs of loving and being loved and having self-worth, students have a need for:

- Caring—someone to like them, to be concerned about them, and to appreciate them as human beings.
- Understanding—more than just a superficial acquaintance, to be shown a tolerant attitude and empathy.
- Identification—to know they are individuals separate and distinct from other people, and are aware of their roles in life.
- Recognition—to be given some special notice or attention, to be acknowledged with a show of appreciation, to be given some social status.

When students receive the care, understanding, identification, and recognition from the person(s) they value, the students have increased positive feelings and more positive self-concepts.

With self-concept improved, the students have more confidence about themselves. They believe they can accomplish tasks and develop the self-motivation to behave in a more socially acceptable manner. With increased confidence comes an increase in willingness to learn/change.

— Diane Frey and Joseph  
A. Young

What's wrong with punishments is that they work immediately, but give no long-term results. The responses to punishment are either the urge to escape, to counterattack, or a stubborn apathy. These are the bad effects you get in prisons, or schools, or wherever punishments are used.

—B. F. Skinner

## THE ANTISOCIAL LADDER

- Step 1: Ineffective Parenting
- Step 2: Antisocial Behavior
- Step 3: Academic Failure
- Step 4: Peer Rejection
- Step 5: Deviant Peer Group
- Step 6: Delinquency

—Elizabeth Ramsey and  
Gerald R.  
Patterson

Why do children join gangs? Gangs can fill an emotional need for children that is not being met at home. Kids who join gangs are looking for something that is missing in their family life. Gangs offer acceptance that the family may not be offering. They also offer solidarity which may be missing from families where parents are absent or not available. Gang dress and rituals provide a sense of stability and belonging, and gang membership brings respect and a feeling of power that children find alluring.

—*National Association of  
Elementary School  
Principals*

But even if kids are not aware of cheating scandals like Enron, they are absolutely influenced by the role models they see close to them. So when they see their parent go ‘diagnosis shopping’ to get a doctor to say they have ADD so they can have extra time to complete their SAT test, or they hear a coach tell them to fake an injury in football when their team is out of time-outs to gain an unofficial one, kids get the message that it’s OK, even necessary, to do take whatever steps to gain an advantage. And to an adolescent that may translate as lie, cheat and steal.

—Denise Pope

If your child can do advanced math, speak 3 languages, or receive top grades, but can’t manage their emotions, practice conflict resolution, or handle stress, none of that other stuff is really going to matter.

—Internet Meme

Bullying is a widespread problem in schools. Research offers many possible explanations for this. School violence is influenced by parenting practices, temperamental factors, or culture, and societal reinforcement of violence through the media and sports. The predominant theory is that bullying is a learned behavior. Bullies often come from home environments where physical punishment is used and children are

taught to strike out physically as a way to solve problems. Parental involvement and warmth are often lacking. These children have little empathy for their victims and often find ways to defend their actions by saying they were provoked. In a study of 558 middle school students, bullying behaviors were positively correlated with the families where physical discipline was used, adult supervision was lacking, negative peer influence was present, and neighborhoods were considered unsafe. Conversely, the likelihood of bullying was significantly reduced for students who spent time with adults who modeled nonviolent strategies for conflict resolution. This suggests the substantial influence adult (parent, teacher, school counselor) behavior can play any child's life.

—Sandra L. Pollock

Six processes at work in children who got along with their peers: First, these children were able to communicate clearly and correctly. Second, they exchanged information about themselves and their families. Third, they established common play activities. Fourth, they identified more similarities than differences among one another. Fifth, they could resolve conflicts in a more positive way. Sixth, they could share private thoughts and feelings. Herein lies clues that will help us help children develop friendships and, therefore, experience school success.

—John Gotten and  
Jeffrey Parker

## **EARLY WARNING SIGNS OF TROUBLING BEHAVIOR**

- Social withdrawal
- Excessive feelings of isolation, loneliness, or rejection
- Being a victim of violence
- Feelings of persecution
- Low school interest and poor academic performance
- Expression of violence in writings and drawings
- Uncontrolled anger
- Patterns of impulsive and chronic hitting, intimidating, and bullying behaviors
- History of discipline problems
- History of violent and aggressive behavior
- Intolerance for differences and prejudicial attitudes
- Drug or alcohol use
- Affiliation with gangs

- Inappropriate access to, possession of, or use of firearms
- Serious threats of violence

*—Early Warning, Timely  
Response: A Guide  
to Safe Schools*

Children increase behavior that has desirable consequences for them and decrease behavior that has undesirable consequences. A parent's attention—even negative attention—is always a desirable consequence for a child. Many parents are most attentive to their children when they misbehave—responded by scolding, spanking, or simply giving the child what he wants. When children behave the way parents wish, they're often ignored. How often do parent praise a child for sitting patiently through dinner or being polite to a visitor? Good behavior that gets no attention is less likely to be repeated. Pay lots of attention to behavior you want to increase and withdraw attention from behavior you want to decrease.

—Wendy Schuman

By the age of 6, 7, or 8, kids know the difference between fantasy and reality. This is when they begin to purposely use lies to their advantage.

Being old enough to understand that consequences follow bad behavior, elementary kids may lie to keep themselves out of trouble.

Many kids at this age also lie to make themselves seem better in their peers' eyes. Your son may claim that his uncle is Rex Grossman and that his dad has 50-yard-line season tickets for the Bears. It's not true, but for a while, he might be more popular.

If you discover a lie, sit your child down and explain that lying is simply wrong. Lay out the consequences of a lie and follow through with punishment. Enforce that lying is bad, but emphasize that your child is still a good person....For the younger set, be sure to explain the difference between lying and using tact. Focus on making small omissions in the truth to protect people's feelings, such as not mentioning Grandpa's expanding tummy mommy's bad hair day. Little ones may not instinctively understand the difference between stating the obvious or ignoring it.

—Michelle Sussman

Most of it [lying] boils down to punishment avoidance....It's developmentally normal for these kids to test their limits. Parents need to spend some time talking about trustworthiness and keep the conversation going for the next six to seven years....Occasionally it happens that some kids have repetitive and serious issues with lying. This is the time for a serious discussion and parents might want to seek out a therapist to resolve emotional issues.

—Dr. Jan Remer-Osborn

The old school made the amazing mistake of supposing that...by removing a situation a person likes or setting up one he doesn't like—in other words by punishing him—it was possible to reduce the probability that he would behave in a given way again. That simply doesn't hold. It has been established beyond question. What is emerging at this critical stage in the evolution of society is a behavioral and cultural technology based on positive reinforcement. We are gradually discovering—at an untold cost in human suffering—that in the long run punishment doesn't reduce the probability that an act will occur. We have been so preoccupied with the contrary that we always take 'force' to mean punishment....We haven't really altered his potential behavior at all. That's the pity of it. If he doesn't repeat it in our presence, he will in the presence of someone else. Or it will be repeated in the disguise of a neurotic symptom. If we hit hard enough, we clear a little place for ourselves in the wilderness of civilization, but we make the rest of the wilderness still more terrible.

—B. F. Skinner

Most reasonable persons would agree today that the legitimate functions of the school extend beyond the development of intellectual skills and the transmission of subject-matter knowledge. The school also has undeniable responsibility with respect to mental health and personality development, simply because it is a place where children spend a good part of their waking hours, perform much of their purposeful activity, obtain a large share of their status, and interact significantly with adults, age-mates, and the demands of society.

—David Paul Ausubel

Large numbers of persons move from childhood into adult years with a burden of emotional distress... whatever might be the origins, students' emotional difficulties infect their minds when they are at school and after they leave. This fact... should be a challenge to educators, especially those who say that a major aim of education is to help students to use their minds effectively. Nothing could demonstrate the sincerity of this aim better than an effort to help a student use his resources to cope with conditions that encumber his mind.

—Arthur T. Jersild, Eve  
Allina Lazar, &  
Adele M. Brodtkin

Failure to solve personal problems when they occur inevitably leads to a continuation of the problem and of the detrimental effects through the person's life. Unsolved problems persist and are capable of destroying the human spirit and the will to seek solutions.

—D. W. Morrison

That the teacher can and must assume some share of responsibility for the emotional as well as the intellectual development of his students is today a truism.

—Fritz Redl &  
William  
Wattenberg

The emotional well-being of young people can be expressed to a large extent in terms of their relationships with adults. First, of course, are parents. Second only to parents are teachers. During school days, close to one-third of the youngster's waking hours are spent in school. During these hours, in addition to group influences..., the important people in his life are the instructional staff whose influence may be felt in direct person-to-person contact, or, more indirectly, in terms of classroom atmosphere.... For these reasons, no true mental hygiene of education can be written without turning the spotlight on the psychological part played by teachers in the development of children.

—Fritz Redl &  
William  
Wattenberg

Since we know that many books have in many different ways changed the thinking of the world, we can easily believe that many an individual can and does have his life changed directly through the experience of reading a book.

—Karl Menninger

One can talk of a book more readily than one can of his own problems without the embarrassment of explicit self revelation...literature may contribute to one's understanding of his own emotional responses to a person or situation by starting an inner readjustment which will modify his response to the next person or situation encountered.

—Joseph S. Zaccaria,  
Harold  
Alton Moses, &  
Jeff S. Hollowell

When the adolescent becomes aware of the fact that his present experiences and anxieties are not unique and that others have had the same impulses and conflicts, he may be better able to handle them. Frequently, literature is the only means by which he can see he is 'normal' and allay guilt and fear thereby.

—Louise Rosenblatt

## **BIBLIOTHERAPY CAN HELP A CHILD:**

- Verbalize problems.
- Get personal insight.
- Acquire accurate information.
- Reduce sense of isolation.
- Think about and discuss problems with greater objectivity.
- Weigh values, beliefs, and reorient life goals.
- Assess personal limitations and assets.
- Enlarge interests.
- Prevent problems from occurring.

—R. Vance Peavy

Children, like adults, have problems. At times children need help learning to face problems, to see them in and perspective, and to deal with them adequately. Books alone cannot solve these problems, they can help... through bibliotherapy, children may learn to analyze their attitudes and modes of behavior. Books may assist children in comparing their beliefs with those of others. Books may offer many possible solutions to problems or even present the solution that could lessen a child's inner turmoil.

—N. Galen & J. Johns

Learning-disabled adolescents are especially aware of their own feelings of inferiority, failure, and impotence... pupils express empathy for characters, identify with situations they read, and are delighted to discover fictional and factual whose characters experience problems similar or comparable to their own. Reading such stories reinforces their feelings of 'normalcy' and helps the students to realize that they are not alone in facing adolescence's problems and the special problems created by their disabilities.

—Ronald S. Lenkowsky  
& Barbara E.  
Lenkowsky

Just thinking about distress to one's self may not have and usually does not have the same outcome as writing it down. Why not? First, because the writing is 'official,' indelible; it takes time and requires attention. Writing is also a matter of doing something other than emoting over the unwanted feelings; it may be reciprocally inhibiting the anxiety. Writing offers an 'out,' a relief from the binding anxiety, and relief from the redundant issues of problem-anxiety-distress-distraction-further anxiety. The individual who stops to write something down is more likely to remember his effort and can retain a record of having done the writing. Writing forces

one to enter into a different set of activities, compared to 'just thinking about the matter.'

—E. L. Phillips

### **THE ADVANTAGES OF WRITING THERAPY:**

- The preparation of a 'written production' such as a diary, autobiography, short story, poem, letter, etc., by a client isn't an expressive and creative act. It both analyzes and synthesizes emotion in a deeply personal way and, as such, works counter to repressive and regressive forces in the personality. It is catharsis in the best sense. It heals through its major symbolism—not unlike Greek drama—and because the unexpressible can often be expressed.
- The content of the 'written production' provides materials for analysis similar to dreams, fantasies, projective tests, and other imaginative productions. The language of the 'written production' is also as much a source of parapraxis as are slips of the tongue, forgetting, etc.
- 'Written production' further interval therapy by providing for rehearsal of therapeutic hours. In this way the development of insight and cognition is encouraged. Above all, if the psychotherapist is the respondent of the 'written production,' his presence in interval-therapy is given a tangible imaginal form.
- A 'written production' usually has a wider social base than an individual therapy session. In this sense, it is more outer-directed for it involves family, peer groups, authority figures, etc., in greater quantities than in the sessions. Since society is the place where the client ultimately makes his life, written productions permit him a wider social integration of analytic material.
- My impression has been that, under certain circumstances, the time required for treatment may be eclipsed by the judicious use of 'written productions.'
- Under emergency circumstances of separation of client and therapist, 'written productions' have a place along with the telephone, standby colleagues, etc.

—Arthur Burton

### **BENEFITS OF WRITING THERAPY IN CLASSROOM SETTINGS:**

- Many students are enabled to discuss their needs and their problems.
- The therapeutic writing facilitates progress in counseling interviews.
- Students become more willing to go into the subject matter of the class and are more successful in it.
- Learning takes place through the curriculum without lowering standards.
- Students assume more responsibility in classroom activities.
- Students achieve an increased sense of security.

- Students gain more self insight.
- As more value is placed upon individuals, they become more aware of themselves

—Joseph S. Zaccaria,  
Harold  
Alton Moses, &  
Jeff S. Hollowell

Catholic priests use a process called discernment to determine whether they're dealing with a genuine case of possession. In a crucial step, the person requesting an exorcism must undergo a psychiatric evaluation with a mental-health professional. The vast majority of cases end there, as many of the individuals claiming possession are found to be suffering from psychiatric issues such as schizophrenia or a dissociative disorder, or to have recently gone off psychotropic medication....If neither the mental-health evaluation nor a subsequent physical exam turns up a standard explanation for the person's affliction, the priest starts to take the case more seriously. At this point he may begin looking for what the Church considers the classic signs of demonic possession: facility in a language the person has never learned; physical strength beyond his or her age or condition; access to secret knowledge; and a vehement aversion to God and sacred objects, including crucifixes and holy water.

—Mike Mariani

If you don't heal what hurt you, you'll bleed on people who didn't cut you.

—[themindsjournal.com](http://themindsjournal.com)

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—Mike Mariani

Writing seemed to me to be the most natural thing to do during my college days. I could not open up to others and so I started writing my thoughts in my journal. It gave me a sense of calm and peace.

And now after so many years to write my thoughts in my journal still seems to me to be the most natural thing to do. I am still not able to open up easily in front of people. And so writing keeps me sane!

—Avijeet Das

All methods of writing represent an intellectual technique of inquiry and expression. Both personal essay writing and poetry provide a reputable method of a person sharing their physical and emotional experiences, observations, and thoughts.

Kilroy J. Oldster

We write more when we hurt. Facing a physical, emotional, or spiritual crisis, a person might turn to writing as a panacea. A person overcome with frustration or doubt might attempt to regain their intellectual and spiritual bearings by probing the matrix of their confused thoughts in a logical or creative manner.

—Kilroy J. Oldster

A writer turns to paper to stem a burble of pain, shut the door on sadness, and allow the mind to release unsavory obsessions.

—Kilroy J. Oldster

Writing is one of the best therapies that exist. Either on paper, computer, phone or tablet, in any form it is helpful. Whenever you feel like writing, just do it. Let the words flow out of your mind and heart. It doesn't have to make sense to anyone but you. Some people may find it easier to express themselves in writing than verbally. While you will have time to choose the best words, you will also escape the fear of immediate reaction. Take your time and play with the words until you feel you got them right. One can write about anything. About a dream, a fantasy, a love story, happenings during the day, an apology or a greeting, everything is permitted in the world of writing. There it is not good or bad.

—Nico J. Genes

The worst bullies you will ever encounter in your life are your own thoughts.

—Internet Meme

In the 60s, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.

—Internet Meme

Bullying is a widespread problem in schools. Research offers many possible explanations for this. School violence is influenced by parenting practices, temperamental factors, or culture, and societal reinforcement of violence through the media and sports. The predominant theory is that bullying is a learned behavior. Bullies often come from home environments where physical punishment is used and children are taught to strike out physically as a way to solve problems. Parental involvement and warmth are often lacking. These children have little empathy for their victims and often find ways to defend their actions by saying they were provoked. In a study of 558 middle school students, bullying behaviors were positively correlated with the families where physical discipline was used, adult supervision was lacking, negative peer influence was present, and neighborhoods were considered unsafe. Conversely, the likelihood of bullying was significantly reduced for students who spent time with adults who modeled nonviolent strategies for conflict resolution. This suggests the substantial influence adult (parent, teacher, school counselor) behavior can play any child's life.

—Sandra L. Pollock

Something...that makes depression and addiction similar to dementia is that the family members often feel a sense of relief when the person dies. It's not that we don't grieve now; it's just that the person we loved actually left us months, maybe years, before, and we did much of our grieving then.

—Janet Webster

Color affects human beings in powerful ways. For at least 200 years scientists have proposed links between different colors and emotional responses—for example, red elicits feelings of excitement, and blue, feelings of relaxation. Recent studies have suggested that we are acutely sensitive to small variations in the hues of others' faces; exposure to different colors has also been shown to affect our moods, choices, appetites, and intellectual performance....What isn't in doubt is the ability of color to transform the way we understand even the most familiar sights.

—Dan Jones

I didn't know it, but I was mentally ill until about age 16. Anybody queer was considered 'mentally ill' until 1973, when the American Psychiatric Association removed the diagnosis of homosexuality as a disorder (though 'sexual orientation disturbance' endured in the Diagnostic and Statistical Manual until 1987). Like millions of LGBTQ children and adults, I knew I was different, and not in a socially acceptable way. We didn't even know there were millions of us. We thought maybe we were the only one.

—Elizabeth Sims

Writing is a form of therapy; sometimes I wonder how all those who do not write, compose, or paint can manage to escape the madness, melancholia, the panic and fear which is inherent in a human situation.

—Graham Greene

## **BENEFITS OF WRITING THERAPY**

Keeping a journal can be extremely helpful for the user, whether it helps them improve their memory, record important bits and pieces of their day, or just helps them relax at the end of a long day. These are certainly not trivial benefits, but the potential benefits of writing therapy reach further and deeper than simply writing in a diary.

In individuals who have experienced a traumatic or extremely stressful event, expressive writing can have a significant healing effect. In fact, participants in a study who wrote about their most traumatic experiences for 15 minutes, four days in a row, experienced better health outcomes up to four months later.

Another study tested the same writing exercise on over 100 asthma and rheumatoid arthritis patients, with similar results. The participants who wrote about the most stressful event of their lives experienced better health evaluations related to their illness.

A recent study suggested that expressive writing may even improve immune system functioning, although it may need to be sustained for the health benefits to continue.

In addition to these more concrete benefits, regular therapeutic writing can help the writer find meaning in their experiences, view things from a new perspective, and see the silver linings in their most stressful or negative experiences (Murray, 2002). It can also lead to important insights about yourself and your environment that may be difficult to determine without focused writing.

Overall, writing therapy has proven effective for many different conditions or mental illnesses, including:

Posttraumatic stress

Anxiety

Depression

Obsessive-compulsive disorder

Grief and loss

Chronic illness issues

Substance abuse

Eating disorders

Interpersonal relationship issues

Communication skill issues

Low self-esteem

—Courtney Ackerman

Writing is the best anti-depressant.

—Fierce Dolan

Most people carry their demons around with them, buried down deep inside. Writers wrestle their demons to the surface, fling them onto the page, then call them characters.

—C.K. Webb

For all avid readers who have been self-medicating with great books their entire lives, it comes as no surprise that reading books can be good for your mental health and your relationships with others, but exactly why and how is now becoming clearer, thanks to new research on reading's effects on the brain. Since the discovery, in the mid-nineties, of 'mirror neurons'—neurons that fire in our brains both when we perform an action ourselves and when we see an action performed by someone else—the neuroscience of empathy has become clearer. A 2011 study published in the *Annual Review of Psychology*, based on analysis of MRI brain scans of participants, showed that, when people read about an experience, they display stimulation within the same neurological regions as when they go through that experience themselves. We draw on the same brain networks when we're reading stories and when we're trying to guess at another person's feelings.

Other studies published in 2006 and 2009 showed something similar—that people who read a lot of fiction tend to be better at empathizing with others (even after the researchers had accounted for the potential bias that people with greater empathetic tendencies may prefer to read novels). And, in 2013, an influential study published in *Science* found that reading literary fiction (rather than popular fiction or literary nonfiction) improved participants' results on tests that measured social perception and empathy, which are crucial to 'theory of mind': the ability to guess with accuracy what another human being might be thinking or feeling, a skill humans only start to develop around the age of four.

—Ceridwen Dovey

We have started to show how identification with fictional characters occurs, how literary art can improve social abilities, how it can move us emotionally, and can prompt changes of selfhood. Fiction is a kind of simulation, one that runs not on computers but on minds: a simulation of selves in their interactions with others in the social world...based in experience, and involving being able to think of possible futures.

—Keith Oatley

Bibliotherapy, as it's called, is a fast-growing profession. A recent survey suggests that 'over half of English library authorities are operating some form of bibliotherapy intervention, based on the books-on-prescription model'. That's to say, an increasing number of people are being referred by their GPs to the local library, where they'll find shelves or 'reading pharmacies' set aside for literature deemed relevant to their condition. Lapidus, an organisation established in 1996 'to promote the use of literary arts in personal development', has played a key role in bringing together writers and health professionals; as has the current editor of the Poetry Society's magazine, the poet Fiona Sampson.

—Blake Morrison

Perhaps the most convincing argument for the effectiveness of bibliotherapy comes from writers themselves. There's the case of George Eliot, for example, who recovered from the grief of losing her husband George Henry Lewes by reading Dante with a young friend, John Cross, who subsequently married her. 'Her sympathetic delight in stimulating my newly awakened enthusiasm for Dante did something to distract her mind from sorrowful memories,' Cross later wrote. 'The divine poet took us to a new world. It was a renovation of life.'

—Blake Morrison

The whole foundation on which my life was constructed fell down [and] I seemed to have nothing left to live for. Then one day a small ray of light broke in upon my gloom. I was reading, accidentally, Marmontel's *Mémoires*, and came to the passage which relates his father's death ... A vivid conception of the scene and its feelings came over me, and I was moved to tears. From this moment my being grew lighter. The oppression of the thought that all feeling was dead within me was gone. I was no longer hopeless: I was not a stock or a stone.

—John Stuart Mill

The...great therapeutic power of literature—it doesn't just echo our own experience, recognise, vindicate and validate it—it takes us places we hadn't imagined but which, once seen, we never forget. When literature is working—the right words in the right place—it offers an orderliness which can shore up readers against the disorder, or lack of control, that afflicts them.

—Blake Morrison

Novels...put readers in someone else's shoes, which encourages empathy and is valuable for socializing people. The simple act of appreciating someone else's suffering is likely to put your own in perspective, making books the ideal therapy for adolescents (at any age).

—Shannon Rupp

Although the bibliotherapists sometimes prescribe philosophy, poetry and creative nonfiction books, novels are more common. So why is fiction more therapeutic? Research has shown that literary fiction enhances our ability to empathize with others, to put ourselves into another's shoes; to become more intuitive about other people's feelings (as well as our own), and to self-reflect on our problems as we read about and empathize with a fictional character who is facing similar problems. When we find ourselves weeping with or for the character in the story, we are also weeping for ourselves; a sort of catharsis. When our character finds happiness in the end, well perhaps so can we. When the story drops us into a hurricane, we learn from that, and if we are ever faced with a real one, it will not be an entirely new experience. We may discover ourselves coping in ways that we can only have learned from that novel we read years before.

—Jenni Ogden

Bibliotherapy is an old concept in library science. According to the Greek historian Diodorus Siculus, in his monumental work *Bibliotheca historica*, there was a phrase above the entrance to the royal chamber where books were stored by King Ramses II of Egypt. Considered to be the oldest known library motto in the world, *ψυχῆσ Ιατρειον*, is translated: 'the house of healing for the soul'. Galen, the extraordinary philosopher and physician to Marcus Aurelius of Rome, maintained a medical library in the first century A.D., used not only by himself but by the staff of the Sanctuary Asclepion, a Roman spa famous for its therapeutic waters and considered to be one of the first hospital centers in the world. As far back as 1272, the Koran was prescribed reading in the Al-Mansur Hospital in Cairo as medical treatment.

In the early nineteenth century, Benjamin Rush favored the use of literature in hospitals for both the 'amusement and instruction of patients'. By the middle of the century, Minson Galt II wrote on the uses of bibliotherapy in mental institutions, and by 1900 libraries were an important part of European psychiatric institutions. After the term bibliotherapy was coined by Samuel Crothers in an August 1916 *Atlantic Monthly* article, it eventually found its way into the medical lexicon. During World War I, the Library War Service stationed librarians in military hospitals, where they dispensed books to patients and developed the emerging 'science' of bibliotherapy with hospital physicians.

—*Wikipedia*

**Bibliotherapy:** The use of books selected on the basis of content in a planned reading program designed to facilitate the recovery of patients suffering from mental illness or emotional disturbance. Ideally, the process occurs in three phases: personal identification of the reader with a particular character in the recommended work, re-

sulting in psychological catharsis, which leads to rational insight concerning the relevance of the solution suggested in the text to the reader's own experience.

—*The Online Dictionary  
for Library and  
Information  
Science*

The idea of reading as a healing activity is not new; apparently King Ramses II of Egypt had a special chamber for his books, and above the door were the words 'House of Healing for the Soul.' Sigmund Freud incorporated literature into his psychoanalysis at the end of the nineteenth century. Medical professionals and psychologists have been prescribing books for their patients to read for a hundred years or more. But it was more as an adjunct to other treatment rather than a treatment in itself.

—Jenni Ogden

Never ask a woman who is eating ice cream straight from the carton how she's doing.

—Internet Meme

You can't calm the storm...so stop trying. What you can do is calm yourself. The storm will pass.

—Internet Meme

Suicide does not end the chances of life getting worse; suicide eliminates the possibility of it ever getting better.

—Internet Meme

A 2018 survey by the Pew Research Foundation determined that, despite the rarity of such events, 57 percent of American teenagers worry about a shooting at their school. This comes at a time when children are already suffering from sharply rising rates of anxiety, self-mutilation, and suicide. According to a landmark study funded by the National Institute of Mental Health, 32 percent of 13-to-18-year-olds have anxiety disorders, and 22 percent suffer from mental disorders that cause severe impairment or distress. Among those suffering from anxiety, the median age of onset is 6.

—Erika Christakis

Adultification is a result of a mind-set that ignores just how taxing childhood is. Being small and powerless is inherently stressful. This is true even when nothing especially bad is going on. Yet for many children, especially bad things are going on. Nearly half of American children have experienced at least one 'adverse childhood

experience,' a category that includes abuse or neglect; losing a parent to divorce or death; having a parent who is an alcoholic or a victim of domestic violence; or having an immediate family member who is mentally ill or incarcerated. About 10 percent of children have experienced three or more of these destabilizing situations. And persistent stress, as we are coming to understand, alters the architecture of the growing brain, putting children at increased risk for a host of medical and psychological conditions over their lifetime.

—Erika Christakis

Bibliotherapy sets out to improve troubled lives by offering advice to individuals on how books can help them. It seizes on the well-known ability of certain books to change us and turns that into a conscious effort to heal. In an informal way it expands the normally private drama of reading to include two people, therapist and client.

—Robert Fulford

I read *The Bell Jar* after a really rough patch in my life. It comforted me more than anything else my family told me. While they mean well and I appreciate them, they have no knowledge of what it's really like to live with anxiety or depression. Reading Plath helped me better understand myself and gain perspective.

—Leyva

Bibliotherapy means different things to many different people. Claudia E. Cornett and Charles F. Cornett define bibliotherapy as a basically simple idea: the use of books to help people. Terry Shepard and Lynn B. Iles define it as helping a pupil find a book that might help the pupil solve a personal problem, develop skills needed for living, and/or bolster self-image. Miles V. Zintz and Zeldia R. Maggart write that the term literally means therapy through books. All of these definitions assume that more than just reading for pleasure takes place as one reads a book. If children who are experiencing difficulties can read about others who have solved similar problems, they may see alternatives for themselves. By presenting possible solutions, books can help prevent some difficult situations from becoming full-blown problems. Through encountering frustrations and anxieties, hopes and disappointments, successes and failures in fictional situations, youngsters may gain insights applicable to situations they meet in real life.

—Richard White

### **A BIBLIOTHERAPIST SHOULD HAVE THE FOLLOWING SKILLS:**

- Ability to determine the needs and interests of the individual.
- Ability to provide books at the appropriate interest and difficulty levels.
- Ability to evaluate books for the purpose they will serve in bibliotherapy.

- Ability to ask a variety of appropriate questions to encourage the individual to verbalize.
- Ability to use ‘seconds of silence’ and patience to wait for responses after questions have been raised.
- Ability to be a good listener and to communicate effectively.
- Ability to weigh carefully the balance between interaction strategies and additional materials to help individuals reach the insight stage.
- Ability find additional sources of help when appropriate.

— Claudia. E. Cornett  
and Charles. F.  
Cornett

Literature has the ability to break into the sense of individual isolation that so often induces moral apathy and meism. By giving students an awareness that they are part of a larger community, it reassures them that they alone do not carry the burden of certain thoughts, ideas and feelings.

—Susan R. Parr

The word bibliotherapy first appeared in 1930, in an article by G. O. Ireland in *Modern Hospital*. Other names applied to this therapy have been biblioprophylaxis and therapeutic reading. In the United States, the Menningers were among the first to foster interest in this new aid to healing. In 1937, Dr. Will Menninger wrote *The Prescription of Literature* and later Dr. Karl added *A Guide to Psychiatric Books*. Providing a case for bibliotherapy, Dr. Karl notes that Robert Downs issued *Books That Changed the World* and states, ‘Since we know that many books have in many different ways changed the thinking the world, we can easily believe that many an individual can and does have his life changed directly through the experience of reading a book.

—Dr. William S. O’Bruba  
and Dr. Donald A.  
Campese

Books may indeed ‘minister to a mind diseased’ and come to the aid of the doctor and even precede him.

—Dr. Karl Menninger

Bibliotherapy as a preventive approach is concerned with the technique in which a teacher attempts to solve a child’s problem by brining him a similar experience vicariously through books. Through recognition of the problem and its solution in literature, the individual gains insight into his own problems and presumably is then able to take a step toward solving it.

The theory of preventive bibliotherapy can be expressed in three points.

- All children and adolescents face certain types of problems.
- By reading and developing a sane attitude, youngsters are better prepared to make a satisfactory adjustment when similar problems arise.
- A little vicarious injection of experience with a problem in a book is to prevent a bad case of this same kind of experience in the young readers' development.

—Dr. William S. O'Bruba  
and Dr. Donald A.  
Campese

If we can give children and young people proper principles of conduct, we can alter their behavior and make it more desirable. One of the best ways of implanting desirable ideas is gained from books. Children need a discussion of books to see the application of the situation in these books to their own problems....It must be understood that in using bibliotherapy as another way of encouraging children's use of books in influencing behavior, that most children in the classroom are not seriously maladjusted nor is the teacher a qualified therapist. But it may serve as another technique of getting close to a child, helping him to achieve a greater degree of maturity, along with developing the ability to verbalize his concerns.

—Dr. Thomas Verner  
Moore

In the literary arsenal of the Counselor, books may serve the following purposes in the lives of young people:

- Locating information necessary to the solution of personal problems.
- Identifying, extending, and intensifying their interest.
- Giving young people an awareness of themselves and others.
- Furnishing emotional release or satisfaction.
- Inducing intellectual curiosity and reflective thinking.
- Developing social insight through the reinforcement of challenging of attitudes.
- Giving opportunity for re-examination of a sense of values.
- Providing aesthetic experience.
- Developing critical appreciation of books, magazines, and newspapers.
- Giving a sense of belonging to the culture.
- Furnishing recreation through pure enjoyment and entertainment.
- Nothing the adolescent or child learns is likely to serve him so well as the love of books and the ability to use them.

—Archie L. Lejeune

Since books can provide a source of psychological relief from the various pressures and concerns that stem from things that happen to children, the Counselor may use Bibliocounseling in one of two ways:

First, he may attempt to solve an individual's actual and existing emotional problems and pressures by bringing him a similar experience vicariously through books. Recognition and understanding of a problem and its solution in literature provides the individual with insights into his own problems and presumably is then able to take steps toward solving them.

Second, he may use literature for preventing a particular problem from becoming a 'hard case.' The theory being here that a child is able to make a satisfactory adjustment when a problem eventually arises in his own life because he met one similar to that which was depicted in the literature he read in the past. (This is somewhat analogous to that of inoculation to prevent a contagious disease.)

—Archie L. Lejeune

If you have ever felt warm, weepy, excited, or renewed after reading a book, then you have experienced a form of bibliotherapy. We've all laughed and cried as our favorite characters succeeded and failed, because good literature is built on life itself—and life's not always easy! But once in awhile a particular book or passage from a book touches us, and we are never the same again. Life is fuller as a result of these moments, but such insightful occasions are rare. Happening upon a book that deals fictionally or factually with immediate emotional, intellectual, social, and even physical needs is like finding a four-leaf clover.

—Claudia E. Cornett and  
Charles F. Cornett

Bibliotherapy is the process of using books to teach those receiving medical care about their conditions.

— Samuel Carothers  
(1916)

Bibliotherapy is a process of dynamic interaction between the personality of the reader and literature—interaction which may be utilized for personality assessment, adjustment, and growth.

—David Russell and  
Caroline Shrodes  
(1950)

Bibliotherapy is psychology through literature-reading that is used to help solve or prevent problems.

—Adolph Stadel (1964)

Bibliotherapy is therapeutic reading in which children find duplications of their own problems and observe how children similar to themselves face their difficulties.

—Matilda Bailey (1964)

Bibliotherapy is defined as an interaction between the reader and certain literature which is useful in aiding personal adjustment.

—Barbara Lindeman and  
Martin King (1968)

Bibliotherapy is getting the right book to the right child at the right time about the right problem.

—Sara Lundsteen (1972)

Bibliotherapy is a family of techniques for structuring interaction between a facilitator and a participant . . . based on their mutual sharing of literature.

— Berry (1978)

Bibliotherapy is the use of literature...to help me through difficult situations, feelings and thought-processes and to allow me to appreciate the beauty of words and skilled writing.

—Lucy Horner (2013)

I would define bibliotherapy as...

A sure-fire way to get to know yourself

One of the easiest ways to relate to others when you feel isolated

Something that allows you to be inspired by others...

Yet to also learn from their mistakes

The result of reclining on a sun lounger with a trashy novel

Or, sitting in a well-supported reading chair and learning from history's finest minds

A process highly linked to that incredible feeling of reading the last paragraph of a great book

The simple way you can be changed by words next to words on paper

The consequence of challenging, beautiful or iconic lives documented in text

A perpetual legacy that authors can share long after their passing

Something that must be accompanied by a good cup of tea

Not always a relaxing or welcome process, but one that is sometimes harsh and uncomfortable

A way to get your thinking back on track when you feel anxious or upset

Often born in a good bookshop

A lifelong companion and provider of guidance to all those who welcome it  
Open entirely to interpretation.

—Lucy Horner (2013)

The bibliotherapeutic process has been found to have the following effects on readers:

Affective Changes (attitudes, values, emotions)

- Promotes empathy
- Creates positive attitudes
- Produces personal and social adjustment
- Develops positive self-image
- Relieves emotional pressures
- Develops new interests
- Promotes tolerance, respect, and acceptance of others
- Encourages realization that there is good in all people
- Helps reader to identify socially accepted behaviors
- Stimulates the examination of moral values, which results in character development
- Creates a desire to emulate models

Cognitive changes (intellectual, reasoning, thinking)

- Stimulates critical thinking, such as analysis, drawing conclusions and implications, making decisions, solving problems, making judgments
- Gives perspective to problems so that they can be put into proper proportion; reader sees universality of problems
- Provides vicarious experiences
- Provides insight into human behavior and motives
- Develops in the reader the ability for self-evaluation
- Challenges readers to consider higher-level reasoning
- Encourages planning before taking a course of action
- Permits discussion on an impersonal level
- Reveals that problems have many alternative solutions and individuals have choices in solving problems

In summary, through bibliotherapy cognitive and affective changes occur in the reader that enable him or her to fully or partially satisfy an unfulfilled need. Through bibliotherapy young people can be helped to cope with a multitude of problems.

—Claudia E. Cornett and  
Charles F. Cornett

In the large body children's literature...many resources can be found for fostering the moral growth of young people. To prepare children to think critically about ethical concerns, schools should emphasize the thoughtful reading of such literature....Well-trained teachers, who understand the needs of students and who value literature, can identify appropriate books and develop creative critical-thinking activities based on them. Every time a story is read aloud or a novel discussed, such teachers are fostering moral education.

Recent research has shown the effectiveness of using literature and structured discussions of moral dilemmas to stimulate the growth of children's moral judgment. Indeed, the value of literature in enriching the lives of children is manifold. Above all, books provide pleasure and insight. The narrative patterns of storytelling reflect an ordered way life. And by imaginatively entering the fictional worlds created by talented authors, children come to perceive their own environment and other people in fresh ways.

Through the vicarious experiences reading offers, children can see and feel how others have lived, and understand how they have dealt with the universal questions of life.

And stories can become quests for self-discovery. Facing the conflicts and dilemmas posed by a given tale, the young reader postulates fundamental questions: 'Who am I?' 'What is my place in the world?' 'How can I make this a better world?'

—Jerry Watson

Educators and librarians know that for a child to learn well, and to succeed in interpersonal relationships and handle crises in an acceptable manner, he or she must feel a sense of security and well-being. When children feel their world is crumbling around them, they hardly can be expected to function on a high level of emotional response. It is then that literature can give a child insight into his or her situation as well as possible alternatives for solving a personal problem. It is both helpful and rewarding when readers can actually 'see' themselves in a story or poem. Therefore, recognizing a child's need is an important first step in selecting and suggesting materials for reading or listening, if that material is to help in a particular situation.

—Linda B. Hendrickson

A new study has identified three life stages when adults in America are most vulnerable to bouts of loneliness: our late 20s, mid-50s and late 80s. The effects can be severe, say researchers at the *University of California San Diego School of Medicine*. 'Loneliness seems to be associated with everything bad,' said Ellen Lee, one of the study's authors, in a statement. 'It's linked to poor mental health, substance abuse, cognitive impairment, and...malnutrition, hypertension and disrupted sleep.'

—AARP Bulletin (2019)

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the 'half empty or half full' question. Instead, with a smile on her face, she inquired: 'How heavy is this glass of water?'

Answers called out ranged from 8 oz. to 20 oz.

She replied, 'The absolute weight doesn't mater. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes.'

She continued, 'The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed—incapable of doing anything.'

Remember to put the glass down.

—*BehindTheChair.com*

Unresolved issues from childhood revisit us in adulthood.

—Kilroy J. Oldster

Teenage girls are not taken seriously by the culture at large, especially not their darker or more complicated feelings—of aggression, desire, ambition. To me, these feelings and drives are so fundamental to girlhood and to womanhood, and I love exploring them. And trying to give voice to them as best I can. I think women are always trying to figure out their own adolescence. We never stop.

—Megan Abbott

In the field of psychology, the Dunning–Kruger effect is a cognitive bias in which people mistakenly assess their cognitive ability as greater than it is. It is related to the cognitive bias of illusory superiority and comes from the inability of people to recognize their lack of ability. Without the self-awareness of metacognition, people cannot objectively evaluate their competence or incompetence.

—Justin Kruger and  
David Dunning

The pathological basis of almost all mental disorders remains as unknown today as it was in 1886—unsurprising, given that the brain turns out to be one of the most complex objects in the universe. Even as psychiatrists prescribe a widening variety of treatments, none of them can say exactly why any of these biological therapies work.

—Gary Greenberg

Studies show that children who have trouble making and keeping friends during their early years run a high risk of thinking of themselves as social outcasts—and eventually becoming outcasts—as they move up the grades. And, these studies show, loneliness in early childhood can have long-lasting effects: Lonely kids are more likely to drop out of school, and lonely kids often grow up to be lonely adults.

—Susan Black

Having friends or lacking them is just one part of a more complex psychological portrait; to be complete, the portrait needs to include an assessment of the quality of the child's friendships as well as the identity the child's friends.

Five attributes describe the quality of children's friendships: (1) content, or whether friends act in prosocial or antisocial ways when they're together; (2) constructiveness, which describes whether friends settle differences through negotiation or assertion; (3) closeness, which measures the time and types of activities children share with one another; (4) symmetry, or the degree to which children have equal or unequal power in their relationship; and (5) affect, which tells whether the friendship is supportive and secure or whether it is filled with conflicts.

—Willard Hartrup

How a child gets along with other children is 'the single best childhood predictor of adult adaptation.' Friends provide several important functions in child development. First, children who have friends have a much-needed emotional resource—a security system, you might say—that helps them be brave instead of timid. In school, having friends could give a child the courage to sign up for a classroom play or volunteer to explain a math problem in front of the room. A child's confidence, boosted by friends, can also make it easier to meet new people and handle stresses outside of the classroom, such as living in a trouble household. And kids with friends tend to laugh and smile more often, a sign that they're enjoying life and having fun.

—Willard Hartrup

It's important for teachers to be alert not only to whether children have friends, but also to the quality of those friendships. Serious intervention in the case of troubled loners is a case for psychological professionals—acting in concert with the child's family. But simply knowing the importance of friendship in a child's development—and understanding the major components of friendship relationships—can be the first step in helping a child break out of the loneliness of isolation.

—Susan Black

Many adolescents...dismiss their own mortality, believing they are simply too young to die. An illustration of this unreal concept of death happened a few years ago: A middle school honor student rode his beloved bicycle to a downtown hotel, carefully locked the bike so no one could steal it, then proceeded up several floors inside the hotel where he climbed the railing and flung himself into the atrium several floors below. The image of that locked bike is striking—after he had completed his attention-drawing escapade, he fully believed he would walk to his beloved bike and ride home. In his mind, there existed no contradiction. His teachers reported later that he was obsessed with the concept of death and had submitted writing assignments of poems and essays on this theme. But no one recognized the clearly expressed danger signals.

—Br. Eagan Hunter

Adolescents have little opportunity to share their feelings in school regarding such concepts as friendship, love, sex, guilt, parents, siblings, aggression, peace, their future, etc. Many students simply hold their feelings inside and share little. This only serves to exacerbate their sense of isolation. Others may share with a friend who may be supportive but who also is struggling with questions of personal power and identity.

—Clement A. Seldin

### **EIGHT PSYCHOSOCIAL STAGES THROUGH WHICH ALL PEOPLE MUST PASS INCLUDE:**

- Trust vs. Mistrust 0-18 months
- Autonomy vs. Shame 1.5-3 years
- Initiative vs. Guilt 3-6 years
- Industry vs. Inferiority 6/7-11/12 years
- Identity vs. Role Confusion 11/12-18 years
- Intimacy vs. Isolation Young Adulthood
- Generativity vs. Stagnation Middle Age
- Ego Integrity vs. Despair Older Adulthood

—Erik Erikson

Self-pity is the worst form of poison. It kills a person without the person realizing it.

—Kirtida Gautam

Not every teenager who is depressed or going through anxiety is crying over some breakup. Some actually have real life problems.

—Wahid Bhat

Due to these influences and many others, iGen is distinct from every previous generation in how its members spend their time, how they behave, and their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. They are obsessed with safety and fearful of their economic futures, and they have no patience for inequality based on gender, race, or sexual orientation. They are at the forefront of the worst mental health crisis in decades, with rates of teen depression and suicide skyrocketing since 2011.

—Jean M. Twenge

It hurts to get things out in the open, but it hurts even more not to.

—Chrissy Moon

It was one thing to be depressed in your twenties or thirties, when the aspect of youth gave it an undeniable poignancy, a certain tattered charm; it was another thing entirely to be depressed in middle age, when you were supposed to have come to terms with life's failings, as well as your own.

—Daphne Merkin

In many criminals, especially youthful ones, it is possible to detect a very powerful sense of guilt which existed before the crime, and is therefore not its result but its motive. It is as if it was a relief to be able to fasten this unconscious sense of guilt on to something real and immediate.

—Sigmund Freud

According to the *National Institutes of Health*, nearly one in three of all adolescents ages 13 to 18 will experience an anxiety disorder.

These numbers have been rising steadily; between 2007 and 2012, anxiety disorders in children and teens went up 20%.

These stats, combined with the rate of hospital admissions of suicidal teenagers also doubling over the past decade, leaves us with many concerning questions....Chronic anxiety can lead to serious mental health problems—depression, substance use, and even suicide.

It can interfere with the ability to focus and learn, causing school problems that can have lifelong impact. It can also lead to physical problems, such as headaches, chronic pain, digestive problems, and later heart disease.

Anxiety disorders cut across all demographics—suburban, urban, and rural. They affect those who are college-bound and those who are not.

—Dr. Claire McCarthy

I have found that when you are deeply troubled, there are things you get from the silent devoted companionship of a dog that you can get from no other source.

—Doris Day

You live most of your life inside of your head. Make sure it's a nice place to be.

—Internet Meme

Elite middle and high schools now commonly require three to five hours of homework a night; epidemiologists at the *Centers for Disease Control and Prevention* have warned of schoolwork-induced sleep deprivation. Wealthy students show higher rates of drug and alcohol abuse than poor students do. They also suffer depression and anxiety at rates as much as triple those of their age peers throughout the country. A recent study of a Silicon Valley high school found that 54 percent of students displayed moderate to severe symptoms of depression and 80 percent displayed moderate to severe symptoms of anxiety.

—Daniel Markovits