

The only thing we ever really lose by forgiving other people or ourselves is fear.

You can be right, or you can be resolved. Take your pick.

The only problem with needing to be right is that it always makes you wrong.

What you can name, you can change. What you cannot name has a life of its own.

You can be tired without being depressed. Everyone has a right to rest.

If your painful emotions did not kill you as a child, they will not kill you as an adult.

You can achieve everything you want in life, and you can have fun and rest along the way.

As Uncle Jerry says, wait six months and it won't seem so important.

As one of my clients said not long ago, I know how to stay sober, I just don't know how to be sober and happy.

You have never lost anything by understanding another person, and you have lost a great deal every time you have refused to understand another person.

Contrary to popular belief, the purpose of life is not perfection. It is acceptance.

If you have not always been more than enough, then you could not be here today.

Your biggest fear about yourself is a lie. It is simply not true.

Time does not heal. It only blurs your memory.

Human pain is not abnormal. It is a normal part of everyday life.

The best thing you can do with your pain is to become intimate with it.

All emotional pain is created by non-acceptance. What hurts in you is what you refuse to accept. When you accept it, it will go away.

No one can hurt you when you accept yourself. Other people only have the power to hurt us when there is something we are afraid of about ourselves that they are able to put their finger on.

You can say anything you need to say to another person as long as it is true and as long as you say it with care and respect.

We never hurt another person's feelings when we say the truth to them with care.

My life has been perfect just the way it has been. It always has been and it always will be, and so shall be my death.

I can give you a guarantee about how never to get stuck with another person in your life. It is actually quite simple. It is two things. One is to treat them with respect, and the other is to focus on what you need and what they need, not on solutions. I guarantee you that every time you have gotten stuck with another person, you have been talking about a solution.

What we start off talking about often is not what we need to be talking about.

If you want to know what the real issue is in a situation, it is simple. Pay attention to the last thing that the other person just said or did, because that is the real issue.

You have enough time.

Life is not too short. You are just too busy.

It is more important in life to be curious about what we don't know than to waste our time defending what we think we already know.

If you don't like the results you are getting, then obviously you need to do something different.

My experience is it is never true that we don't know what we need. What is often the case is that we don't believe we deserve it.

When you don't know, guesses count.

Being confused often times means that you don't want to know the truth.

There is a difference between mourning and moaning. Mourning just takes a few minutes. Moaning can take a lifetime.

I am often times not ready for the answer until I am ready to ask the question for myself.

What do you need to know that you don't know?

There is a difference between understanding something and accepting it. Understanding it often, if not usually, does not change it. Accepting it almost always transforms it.

The world is made up of little kids running around in adult bodies doing the best they know how to do. If they knew how to do it better, they would.

In my experience, most people are not greedy, they are just needy.

You can linger with your painful emotions without getting stuck in them.

Every time I have been able to create a vision for myself in life it has come true. It has never come true in the way or by the means that I thought it would, but it has always come true.

The extent to which you are willing to know what is true, anything is possible for you.

Being in recovery does not mean that I aspire to be able to use drugs and alcohol again. It means that I aspire to not needing them again.

The most important competency we can develop in life is the ability to be curiously compassionate with ourselves.

When we refuse to forgive someone else, when we hold on to our anger and resentment, we are essentially giving them a piece of our heart.