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Carl rogers quotes

November 8, 2021November 8, 2021 "People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, 'Soften the orange a bit on the right hand corner.' I don't try to control a sunset. I watch with awe as it unfolds."Carl RogersThe curious paradox is that when I accept myself just as I am, then I can change.We think we listen, but very rarely do we listen with real understanding, true empathy. Yet listening, of this very special kind, is one of the most potent forces for change that I know.The good life is a process, not a state of being. It is a direction not a destination.The only person who is educated is the one who has learned how to learn and change.When I look at the world I'm pessimistic, but when I look at people I am optimistic.Growth occurs when individuals confront problems, struggle to master them, and through that struggle develop new aspects of their skills, capacities, views about life.What is most personal is most universal.A person cannot teach another person directly; a person can only facilitate another's learning.As no one else can know how we perceive, we are the best experts on ourselves."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 RogersI feel happier just for being myself and letting others be themselves.What I am is good enough if I would only be it openly.The good life is that it involves an increasing tendency to live fully in each moment.I believe it would be evident that for the person who was fully open to his new experience, completely without defensiveness, each moment would be new.Am I living in a way which is deeply satisfying to me, and which truly expresses me?"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 RogersPeople only seriously consider change when they feel accepted for exactly who they are.The only person who cannot be helped is that person who blames others.Life, at its best, is a flowing, changing process in which nothing is fixed."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 RogersIt's not about getting the feeling out of the mind, or hiding it, but about experiencing it with acceptance.The degree to which I can create relationships, which facilitate the growth of others as separate persons, is a measure of the growth I have achieved in myself.Being empathetic is seeing the world through the eyes of the other, not seeing your world reflected in their eyes.The facts are always friendly, every bit of evidence one can acquire, in any area, leads one that much closer to what is true.The very essence of the creative is its novelty, and hence we have no standard by which to judge it.What you are to be, you are now becoming."If I let myself really understand another person, I might be changed by that understanding. And we all fear change. So as I say, it is not an easy thing to permit oneself to understand an individual."Carl RogersMan's inability to communicate is a result of his failure to listen effectively.Neither the Bible, nor the prophets, nor the revelations of God or of men... Nothing has priority over direct experience.I have learned that my total organismic sensing of a situation is more trustworthy than my intellect.We cannot change, we cannot move away from what we are, until we thoroughly accept what we are. Then change seems to come about almost unnoticed.In a person who is open to experience each stimulus is freely relayed through the nervous system, without being distorted by any process of defensiveness.On Becoming a Person: A Therapist's View of PsychotherapyAlso read:Jeremiah SayMarch 2, 2022March 2, 2022Jeremiah SaySeptember 5, 2020September 14, 2020Jeremiah SayNovember 11, 2020November 20, 2020Jeremiah SayAugust 29, 2020September 19, 2020Jeremiah SayJuly 21, 2020August 13, 2020Erwin MorilloMarch 25, 2022March 25, 2022 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. Page 2 Life is about Being & Becoming. I hear the words, the thoughts, the feeling tones, the personal meaning, even the meaning that is below the conscious intent of the speaker. Sometimes too, in a message which superficially is not very important, I hear a deep human cry that lies buried and unknown far below the surface of the person. So I have learned to ask myself, can I hear the sounds and sense the shape of this other person's inner world? Can I resonate to what he is saying so deeply that I sense the meanings he is afraid of, yet would like to communicate, as well as those he knows? what is most personal is most universal Page 3 It's an awful risky thing to live So, as you can readily see from what I have said thus far, a creative, active, sensitive, accurate, empathic, nonjudgmental listening is for me terribly important in a relationship. It is important for me to provide it; it has been extremely important, especially at certain times in my life, to receive it. I feel that I have grown within myself when I have provided it; I am very sure that I have grown and been released and enhanced when I have received this kind of listening. there is direction but there is no destination Page 4 Experience is the highest authority. The genuinely significant creation, whether an idea, or a work of art, or a scientific discovery, is most likely to be seen at first as erroneous, bad, or foolish. Later it may be seen as obvious, something self-evident to all. Only still later does it receive its final evaluation as a creative contribution. It seems clear no contemporary mortal can satisfactorily evaluate a creative product at the time it is formed, and this statement is increasingly true the greater the novelty of the creation. Page 5 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 stanceâ€¦ provides illumination and healing. In such situations deep understanding is, I believe, the most precious gift one can give to another.Carl Rogers Carl Rogers, born in 1902, is an American psychologist who helped establish a humanistic approach to psychology. Carl Rogers' theory (1959) aligns closely with Maslow's, in the sense that he "believed that humans have one basic motive, that is the tendency to self-actualize - i.e., to fulfill one's potential and achieve the highest level of 'human beingness' we can." These Carl Rogers quotes speak to his knowledge of life, people, and behavior.Part of his theory stated that "for a person to "grow", they need an environment that provides them with genuineness (openness and self-disclosure), acceptance (being seen with unconditional positive regard), and empathy (being listened to and understood)." He also believed that people are inherently good and that they could achieve what he referred to as becoming a "fully functioning person." He identified five characteristics that people needed to achieve in order to reach that goal. Keep reading to discover just how close you are to being a fully functioning person!Don't forget to also check out these Abraham Maslow quotes on motivation and being human.Famous Carl Rogers quotes on change, person-centered counseling, and more1. "The curious paradox is that when I accept myself just as I am, then I can change." — Carl R. Rogers2. "A person is a fluid process, not a fixed and static entity; a flowing river of change, not a block of solid material; a continually changing constellation of potentialities, not a fixed quantity of traits." — Carl R. Rogers3. "The only person who is educated is the one who has learned how to learn and change." — Carl R. Rogers4. "If I let myself really understand another person, I might be changed by that understanding. And we all fear change. So, as I say, it is not an easy thing to permit oneself to understand an individual." — Carl R. Rogers5. "We cannot change, we cannot move away from what we are until we thoroughly accept what we are. Then change seems to come about almost unnoticed." — Carl R. Rogers6. "Change threatens, and its possibility creates frightened, angry people. They are found in their purest essence on the extreme right, but in all of us, there is some fear of process, of change." — Carl R. Rogers7. "He has a better understanding of himself, becomes more open to his experience, denies or represses less of his experience. He becomes more accepting in his attitudes toward others, seeing others as more similar to himself." — Carl R. Rogers8. "In his behavior, he shows similar changes. He is less frustrated by stress and recovers from stress more quickly. He becomes more mature in his everyday behavior, as this is observed by friends." — Carl R. RogersCarl Rogers quotes on behavior and experience9. "I have come to feel that the only learning which significantly influences behavior is self-discovered, self-appropriated learning." — Carl R. Rogers10. "Behavior is basically the goal-directed attempt of the organism to satisfy its needs, as experienced in the field as perceived." — Carl R. RogersRelated Elizabeth Cady Stanton Quotes Inspiring Strong Women Everywhere11. "It seems to me that anything that can be taught to another is relatively inconsequential and has little or no significant influence on behavior." — Carl R. Rogers12. "The concept of "cure" is entirely inappropriate, since in most of these disorders we are dealing with learned behavior, not with a disease." — Carl R. Rogers13. "Once an experience is fully in awareness, fully accepted, then it can be coped with effectively, like any other clear reality." — Carl R. Rogers14. "Another way of learning for me is to state my own uncertainties, to try to clarify my puzzlements, and thus get closer to the meaning that my experience actually seems to have." — Carl R. Rogers15. "To recognize that "I am the one who chooses" and "I am the one who determines the value of an experience for me" is both an invigorating and a frightening realization." — Carl R. Rogers16. "To be responsibly self-directing means that one chooses—and then learns from the consequences. So clients find this a sobering but exciting kind of experience." — Carl R. RogersCarl Rogers quotes about feelings, love, and relationships17. "I regret it when I suppress my feelings too long and they burst forth in ways that are distorted or attacking or hurtful." — Carl R. Rogers18. "In therapy, the individual learns to recognize and express his feelings as his own feelings, not as a fact about another person." — Carl R. Rogers19. "In my relationships with persons, I have found that it does not help, in the long run, to act as though I were something that I am not." — Carl R. Rogers20. "The strongest force in our universe is not overriding power, but love." — Carl R. Rogers21. "What I am is good enough if I would only be it openly." — Carl R. Rogers22. "What is most personal, is most universal." — Carl R. Rogers23. "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 R. Rogers24. "True empathy is always free of any evaluative or diagnostic quality. This comes across to the recipient with some surprise. If I am not being judged, perhaps I am not so evil or abnormal as I have thought." — Carl R. Rogers25. "I am centered in the group member who is speaking and am unquestionably much less interested in the details of his quarrel with his wife, or of his difficulties on the job, or his disagreement with what has just been said, than in the meaning these experiences have for him now and the feeling they arouse in him. It is to these meanings and feelings that I try to respond." — Carl R. Rogers26. "When asked a question, I try to consult my own feelings. If I sense it as being real and containing no other message than the question, then I will try my best to answer it." — Carl R. RogersRelated Forest Quotes to Motivate You to Appreciate NatureCarl Rogers quotes about life, living, and learning27. "Am I living in a way which is deeply satisfying to me, and which truly expresses me?" — Carl R. Rogers28. "The good life is a process, not a state of being. It is a direction, not a destination." — Carl R. Rogers29. "You can't possibly be afraid of death, really, you can only be afraid of life." — Carl R. Rogers30. "I'm not perfect... But I'm enough." — Carl R. Rogers31. "I have learned that my total organismic sensing of a situation is more trustworthy than my intellect." — Carl R. Rogers32. "It is so obvious when a person is not hiding behind a facade but is speaking from deep within himself." — Carl R. Rogers33. "Evaluation by others is not a guide for me. The judgments of others, while they are to be listened to, and taken into account for what they are, can never be a guide for me. This has been a hard thing to learn." — Carl R. Rogers34. "I like to think of myself as a quiet revolutionary." — Carl R. Rogers35. "One skeptical college administrator said that the main things he had learned was that he could withdraw from personal participation, be comfortable about it, and realize that he would not be coerced. To me, this seemed valuable learning and one that would make it much more possible for him actually to participate at the next opportunity." — Carl R. Rogers36. "If awareness and conscious thought are seen as a part of life - not its master nor its opponent but an illumination of the developing process within the individual - then our total life can be the unified and unifying experience that is characteristic in nature." — Carl R. Rogers37. "When I try to teach, as I do sometimes, I am appalled by the results, which seem a little more than inconsequential, because sometimes the teaching appears to succeed." — Carl R. RogersCarl Rogers quotes about people and the person-centered approach38. "People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, 'Soften the orange a bit on the right-hand corner.' I don't try to control a sunset. I watch with awe as it unfolds." — Carl R. Rogers39. "To be what one is to enter fully into being a process." — Carl R. Rogers40. "Can I "accept" a person's anger at me as an authentic aspect of himself? Can I "accept" the person if his beliefs and values are different from mine?" — Carl R. Rogers41. "I believe that individuals nowadays are probably more aware of their inner loneliness than has ever been true before in history." — Carl R. Rogers42. "I believe that even our most abstract and philosophical views spring from an intensely personal base." — Carl R. RogersRelated Inglorious Basterds Quotes From The WWII Movie43. "The intolerant "true believer" is a menace to any field, yet I suspect each one of us finds traces of that person in ourself." — Carl R. Rogers44. "It becomes easier for me to accept myself as a decidedly imperfect person, who by no means functions at all times in the way in which I would like to function." — Carl R. Rogers45. "The only way to understand another culture is to assume the frame of reference of that culture." — Carl R. Rogers46. "There is no doubt that I am selective in my listening, hence "directive" if people wish to accuse me of this." — Carl R. Rogers47. "If a person wishes to remain psychologically on the sidelines, he has my implicit permission to do so." — Carl R. Rogers48. "It is this knowledge of the past that gives me courage to propose methods for dealing with intercultural, interracial, and international tensions. I believe that if the public becomes truly aware that present-day policies are targeted directly toward the destruction of all of us, then they may decide to look for alternatives. And the person-centered approach offers just such an alternative." — Carl R. Rogers49. "He changes his perception of himself, becoming more realistic in his views of self. He becomes more like the person he wishes to be. He values himself more highly. He is more self-confident and self-directing." — Carl R. Rogers50. "A second characteristic of the persons who emerge from therapy is difficult to describe. It seems that the person increasingly discovers that his own organism is trustworthy, that it is a suitable instrument for discovering the most satisfying behavior in each immediate situation." — Carl R. RogersWhat did you learn from these Carl Rogers quotes?Carl Rogers believed that the first characteristic of a fully functioning person depended on their willingness to be open to experiences. This meant accepting that positive and negative emotions had to be acknowledged. Living in the moment, or existential living is the second characteristic of a fully functioning person. Dwelling on the past or planning too far into the future takes away from what you are experiencing right now.The third characteristic he describes is the degree to which a person trusts their feelings and decisions. Next, he felt that fully functioning people are able to be creative and take risks. Lastly, living a fulfilled life, one where you are happy and satisfied, yet still seeking challenges would mean you were fully functioning.Rogers believed that we could all get there, but much like Maslow's concept of self-actualization felt that most people would not reach this level. What do you think? I know there are days where I definitely do not feel like a fully functioning adult!What's your biggest takeaway from these Carl Rogers quotes and sayings? Do you have any other favorite quotes to add? Let us know in the comment section below. April 23, 2021 7:00 AM EST

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