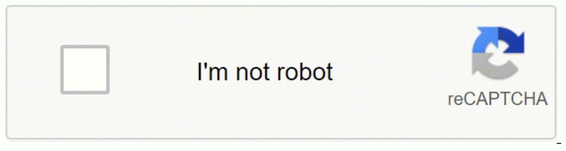

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Viktor frankl quotes about his wife

This page was created by our editorial team. Each page is manually curated, researched, collected, and issued by our staff writers. Quotes contained on this page have been double checked for their citations, their accuracy and the impact it will have on our readers. Kelly Peacock is an accomplished poet and social media expert based in Brooklyn, New York. Kelly has a Bachelor's degree in creative writing from Farieligh Dickinson University and has contributed to many literary and cultural publications. Kelly assists on a wide variety of quote inputting and social media functions for Quote Catalog. Visit her personal website here. Kendra Syrdal is a writer, editor, partner, and senior publisher for The Thought & Expression Company. Over the last few years she has been personally responsible for writing, editing, and producing over 30+ million pageviews on Thought Catalog. “Love is the only sane and satisfactory answer to the problem of human existence.” – Erich Fromm When we intuit authority or truth to someone else’s words of wisdom, we could say that we are instinctively judging them on three things. Firstly, the validity of their experience. We need to know that they have firsthand experience with the peaks and troughs of life, that they haven’t been sheltered from either the extreme good or bad sides of human nature. We also consider the context within which their ideas are being expressed, and try to gauge if they’re still relevant for us. Secondly, we look at their motives. What do they stand to gain from the wisdom that is being shared? Is there a monetary incentive? Do they have a heavy cultural or experiential bias in favour of the view that they’re sharing? Finally, we consider their history and relationship with suffering. Suffering is the common thread which ties together any searches for meaning and resulting wisdom. The seeking in and of itself to be said to a universal reaction to the tension of human existence. When we consider these three criteria, Viktor Frankl is one man who manages to tick all boxes. An Austrian Psychotherapist, Frankl was the found of logotherapy, a method of existential analysis that placed meaning and suffering as the cornerstone around which much psychological dysfunction could be assessed and treated. Frankl’s ideas can be summarised in three points: Our primary motivation is our will to find meaning in life Meaning can be found in any circumstances when we give ourselves over to something greater than our self, whether that is a cause or another person We always have the freedom to find meaning, even in the face of unchangeable suffering However, Frankl’s psychoanalytic views were not merely theory. In fact, they were practical in every sense, as in 1944 he was sent to the Nazi concentration camp Auschwitz, and forced to explore his beliefs right down to their core. A combination of luck and will allowed him to survive the experience, and he went on to write his seminal work ‘Man’s Search for Meaning’ which has sold over 10 million copies and been translated into 24 languages. When we look at his life in context, Frankl’s ideas emerge from a compelling experience, his motives are pure – he originally intended to publish the book anonymously – and his relationship with suffering unquestionable. To that end, the wisdom he offers transcends his time, and his books are incredibly valuable. I STRONGLY recommend you watch this short video before reading the quotes, it will give you a richer understand of the context in which his profound words emerged! So, without further ado, here are 35 quotes by Viktor Frankl on meaning, living, love, suffering, and compassion. This includes excerpts from his books Man’s Search For Meaning, Man’s Ultimate Search For Meaning, and The Doctor and the Soul. Viktor Frankl Quotes On Meaning “Ultimately, man should not ask what the meaning of his life is, but rather must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible.” “Those who have a ‘why’ to live, can bear with almost any ‘how’.” “Life is never made unbearable by circumstances, but only by lack of meaning and purpose.” “It did not really matter what we expected from life, but rather what life expected from us. We needed to stop asking about the meaning of life, and instead to think of ourselves as those who were being questioned by life – daily and hourly. Our answer must consist, not in talk and meditation, but in right action and in right conduct.” “The one thing you can’t take away from me is the way I choose to respond to what you do to me. The last of one’s freedoms is to choose one’s attitude in any given circumstance.” “The more one forgets himself – by giving himself to a cause to serve or another person to love – the more human he is and the more he actualizes himself. What is called self-actualisation is not an attainable aim at all, for the simple reason that the more one would strive for it, the more he would miss it. In other words, self-actualisation is possible only as a side-effect of self-transcendence.” Though he underwent horrific life circumstances, Frankl’s drive to find meaning was insatiable. He was a firm believer in the ability for human beings to act with a degree of dignity regardless of their circumstances. Viktor Frankl Quotes On Living “The attempt to develop a sense of humor and to see things in a humorous light is some kind of a trick learned while mastering the art of living. Yet it is possible to practice the art of living even in a concentration camp, although suffering is omnipresent.” “Don’t aim at success. The more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side effect of one’s personal dedication to a cause greater than oneself or as the by-product of one’s surrender to a person other than oneself.” “When we are no longer able to change a situation, we are challenged to change ourselves.” “It is well known that humor, more than anything else in the human make-up, can afford an aloofness and an ability to rise above any situation, even if only for a few seconds.” “We cannot, after all, judge a biography by its length, by the number of pages in it; we must judge by the richness of the contents…sometimes the ‘unfinished’ are among the most beautiful symphonies.” “Live as if you were living already for the second time and as if you had acted the first time as wrongly as you are about to act now!” “Everything can be taken from a man but one thing: the last of the human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way.” “I recommend that the Statue of Liberty on the East Coast be supplemented by a Statue of Responsibility on the West Coast.” “The consciousness of one’s inner value is anchored in higher, more spiritual things, and cannot be shaken by camp life. But how many free men, let alone prisoners, possess it?” “I do not forget any good deed done to me and I do not carry a grudge for a bad one.” Frankl’s commitment to personal responsibility and commitment to a higher cause was profound, and reflects an attitude of a lot of existential thinkers. Though a scientist, he deeply valued the spiritual nature of life, and took to it with a gratitude and a humor that we often find in eastern traditions. Viktor Frankl Quotes On Love “For the first time in my life I saw the truth as it is set into song by so many poets, proclaimed as the final wisdom by so many thinkers. The truth – that Love is the ultimate and highest goal to which man can aspire. Then I grasped the meaning of the greatest secret that human poetry and human thought and belief have to impart: The salvation of man is through love and in love.” “Love goes very far beyond the physical person of the beloved. It finds its deepest meaning in his spiritual being, his inner self.” “Love is the only way to grasp another human being in the innermost core of his personality. No one can become fully aware of the very essence of another human being unless he loves him. By his love he is able to see the essential traits and features in the beloved person; and even more, he sees that which is potential in him, which is not yet actualized but yet ought to be actualized.” “We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way.” “I do not forget any good deed done to me and I do not carry a grudge for a bad one.” “I understood how a man who has nothing left in this world still may know bliss, be it only for a brief moment, in the contemplation of his beloved.” Frankl’s belief in the importance of love was a result of the unbelievable sustenance that his own love for his wife gave him during his time in Auschwitz. He saw love as a key ingredient that fuelled meaning, and found in his own experience that it made him more resilient than he could have imagined. Viktor Frankl Quotes On Suffering “To draw an analogy: a man’s suffering is similar to the behavior of a gas. If a certain quantity of gas is pumped into an empty chamber, it will fill the chamber completely and evenly, no matter how big the chamber. Thus suffering completely fills the human soul and conscious mind, no matter whether the suffering is great or little. Therefore the “size” of human suffering is absolutely relative.” “Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation.” “It is not freedom from conditions, but it is freedom to take a stand toward the conditions.” “An abnormal reaction to an abnormal situation is normal behaviour.” “But there was no need to be ashamed of tears, for tears bore witness that a man had the greatest of courage, the courage to suffer.” “In some ways suffering ceases to be suffering at the moment it finds a meaning, such as the meaning of a sacrifice.” “If there is meaning in life at all, then there must be meaning in suffering. Suffering is an ineradicable part of life, even as fate and death. Without suffering and death human life cannot be complete.” “To suffer unnecessarily is masochistic rather than heroic.” “What is to give light must endure burning.” Suffering, life love, was to Frankl another aspect of the human condition that was both fundamental and infinitely flexible. He noticed not only how far suffering could go, but also how human beings could respond to it and what could be learned from it. Viktor Frankl Quotes On Compassion “Today’s society is characterized by achievement orientation, and consequently it adores people who are successful and happy and, in particular, it adores the young. It virtually ignores the value of all those who are otherwise, and in doing so blurs the decisive difference being valuable in the sense of dignity and being valuable in the sense of usefulness. If one is not cognizant of this difference and holds that an individual’s value stems only from his present usefulness, then, believe me, one owes it only to personal inconsistency not to plead for euthanasia along the lines of Hitler’s program, that is to say, ‘mercy’ killing of all those who have lost their social usefulness, be it because of old age, incurable illness, mental deterioration, or whatever handicap they may suffer.” “No man should judge unless he asks himself in absolute honest whether in a similar situation he might not have done the same.” “Human kindness can be found in all groups, even those which as a whole it would be easy to condemn.” “If we take man as he really is, we make him worse. But if we overestimate him…we promote him to what he really can be.” Reading Frankl’s words, you understand that he was a deeply compassionate person. He was able to express sympathy for not only his fellow prisoners of war, but also his captors. This echoes ideas that have been explored in religions all around the world, particularly long-term meditators in the East, and is a direct result of his contact with such extreme aspects of human nature. If you enjoyed this article or have any questions, please leave a comment in the comments section below or send me an email at ben@projectmonkeymind.com, I’d love to hear from you!

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