

## Quotations: Viktor Frankl

- Being tolerant does not mean that I share another one's belief. But it does mean that I acknowledge another one's right to believe, and obey, his own conscience.
- Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.
- 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... as the unintended side-effect of one's personal dedication to a course greater than oneself.
- 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.
- Ever more people today have the means to live, but no meaning to live for.
- Everyone has his own specific vocation or mission in life; everyone must carry out a concrete assignment that demands fulfillment. Therein he cannot be replaced, nor can his life be repeated, thus, everyone's task is unique as his specific opportunity to implement it.
- Everything can be taken from a man but ...the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.
- 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.
- I recommend that the Statue of Liberty be supplemented by a Statue of Responsibility on the west coast.
- 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. Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual.
- Life can be pulled by goals just as surely as it can be pushed by drives.
- Live as if you were living a second time, and as though you had acted wrongly the first time.
- Logotherapy...considers man as a being whose main concern consists in fulfilling a meaning and in actualizing values, rather than in the mere gratification and satisfaction of drives and instincts.
- Our generation is realistic, for we have come to know man as he really is. After all, man is that being who invented the gas chambers of Auschwitz; however, he is also that being who entered those gas chambers upright, with the Lord's Prayer or the Shema Yisrael on his lips.
- The meaning of our existence is not invented by ourselves, but rather detected.
- There is also purpose in life which is almost barren of both creation and enjoyment and which admits of but one possibility of high moral behavior: namely, in man's attitude to his existence, an existence restricted by external forces.

- Ultimately, man should not ask what the meaning of his life is, but rather he must recognize that it is he who is asked.
- We can discover this meaning in life in three different ways: (1) by doing a deed; (2) by experiencing a value; and (3) by suffering.
- A man who becomes conscious of the responsibility he bears toward a human being who affectionately waits for him, or to an unfinished work, will never be able to throw away his life. He knows the why for his existence, and will be able to bear almost any how.
- 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.
- What is to give light must endure burning.
- What man actually needs is not a tensionless state but rather the striving and struggling for some goal worthy of him. What he needs is not the discharge of tension at any cost, but the call of a potential meaning waiting to be fulfilled by him.
- What matters, therefore, is not the meaning of life in general, but rather the specific meaning of a person's life at a given moment."
- When we are no longer able to change a situation ... we are challenged to change ourselves.