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Quotes about Emotions

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You can't expect to prevent negative feelings altogether. And you can't expect to experience positive feelings all the time. The Law of Emotional Choice directs us to acknowledge our feelings but also to refuse to get stuck in the negative ones.

- Anderson, Greg

All humanity is passion; without passion, religion, history, novels, art would be ineffectual.

- Balzac, Honore De

The only questions worth asking today are whether humans are going to have any emotions tomorrow, and what the quality of life will be if the answer is no.

- Bangs, Lester

It is not our exalted feelings, it is our sentiments that build the necessary home.

- Bowen, Elizabeth

Where the heart lies, let the brain lie also.

- Browning, Robert

It is as healthy to enjoy sentiment as to enjoy jam.

- Chesterton, Gilbert K.

By starving emotions we become humorless, rigid and stereotyped; by repressing them we become literal, reformatory and holier-than-thou; encouraged, they perfume life; discouraged, they poison it.

- Collins, Joseph

It is very difficult to be wholly joyous or wholly sad on this earth. The comic, when it is human, soon takes upon itself a face of pain; and some of our grieves... have their source in weaknesses which must be recognized with smiling compassion as the common inheritance of us all.

- Conrad, Joseph

There are strings in the human heart that had better not be vibrated.

- Dickens, Charles

Do not arouse disdainful mind when you prepare a broth of wild grasses; do not arouse joyful mind when you prepare a fine cream soup.

- Dogen

You learn to put your emotional luggage where it will do some good, instead of using it to shit on other people, or blow up aeroplanes.

- Drabble, Margaret

Emotion is the surest arbiter of a poetic choice, and it is the priest of all supreme unions in the mind.

- Eastman, Max

Our emotions are only incidents in the effort to keep day and night together.

- Eliot, T. S.

All the knowledge I possess everyone else can acquire, but my heart is all my own.

- Goethe, Johann Wolfgang Von

If you would have me weep, you must first of all feel grief yourself.

- Horace

There can be no transforming of darkness into light and of apathy into movement without emotion.

- Jung, Carl

If I feel depressed I will sing. If I feel sad I will laugh. If I feel ill I will double my labor. If I feel fear I will plunge ahead. If I feel inferior I will wear new garments. If I feel uncertain I will raise my voice. If I feel poverty I will think of wealth to come. If I feel incompetent I will think of past success. If I feel insignificant I will remember my goals. Today I will be the master of my emotions.

- Mandino, Og

One ought to hold on to one's heart; for if one lets it go, one soon loses control of the head too.

- Nietzsche, Friedrich

We find nothing easier than being wise, patient, superior. We drip with the oil of forbearance and sympathy, we are absurdly just, we forgive everything. For that very reason we ought to discipline ourselves a little; for that very reason we ought to cultivate a little emotion, a little emotional vice, from time to time. It may be hard for us; and among ourselves we may perhaps laugh at the appearance we thus present. But what of that! We no longer have any other mode of self-overcoming available to us: this is our asceticism, our penance.

- Nietzsche, Friedrich

He is not affected by the reality of distress touching his heart, but by the showy resemblance of it striking his imagination. He pities the plumage, but forgets the dying bird.

- Paine, Thomas

When I repress my emotion my stomach keeps score.

- Powell, John Enoch

The heart is half a prophet.

- Proverb, Yiddish

All emotions are pure which gather you and lift you up; that emotion is impure which seizes only one side of your being and so distorts you.

- Rilke, Rainer Maria

Nothing vivifies, and nothing kills, like the emotions.

- Roux, Joseph

We know too much and feel too little. At least, we feel too little of those creative emotions from which a good life springs.

- Russell, Bertrand

The young man who has not wept is a savage, and the old man who will not laugh is a fool.

- Santayana, George

Emotion is primarily about nothing and much of it remains about nothing to the end.

- Santayana, George

Each of us makes his own weather, determines the color of the skies in the emotional universe which he inhabits.

- Sheen, Bishop Fulton J.

The heart is forever inexperienced.

- Thoreau, Henry David

Emotions have taught mankind to reason.

- Vauvenargues, Marquis De

The advantage of the emotions is that they lead us astray.

- Wilde, Oscar

Strange how love coexists with hate, how they render each other mute, how the swilling of them together makes a new and softer, sympathetic thing.

- Hartnett, Sonya



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