

10 effective quotes rooted in Cognitive Behavioral Therapy (CBT) principles, suitable for managing anxiety and depression

1. **"Don't believe everything you think."** - This core CBT concept highlights that thoughts are just mental events, not necessarily facts, which is crucial for challenging anxious or depressive thinking patterns.
2. **"If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment."** - Marcus Aurelius (a foundational philosophical idea aligned with CBT).
3. **"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind."** - William James.
4. **"Life is ten percent what happens to you and ninety percent how you respond to it."** - Charles R. Swindoll - This emphasizes personal agency and response, a key principle of CBT.
5. **"You can't stop the waves, but you can learn to surf."** - Jon Kabat-Zinn - This quote speaks to the acceptance and management of difficult feelings (common in third-wave CBT approaches like mindfulness-based therapy), rather than trying to eliminate them entirely.
6. **"Nothing diminishes anxiety faster than action."** - Walter Anderson - This highlights the importance of behavioral activation and exposure therapy in overcoming anxiety.
7. **"The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny."** - Albert Ellis (developer of Rational Emotive Behavior Therapy, a type of CBT) - This focuses on personal responsibility and locus of control.
8. **"Do the thing you fear to do and keep on doing it... that is the quickest and surest way ever yet discovered to conquer fear."** - Dale Carnegie - This encapsulates the principle of exposure therapy used to treat anxiety.
9. **"It always seems impossible until it's done."** - Nelson Mandela - Useful for motivating participants when starting the potentially overwhelming work of therapy and skill-building.
10. **"You don't have to control your thoughts. You just have to stop letting them control you."** - Dan Millman - This is a practical reminder that the goal is not thought elimination, but reducing their power over mood and behavior.