

There is nothing worse than self-deception, where the deceiver is always with you.

PLATO, *Dialogues*

One is always in the dark about one's own personality. One needs others to get to know oneself.

CARL JUNG, quoted in *Jung Speaks*

What lies behind us  
and what lies before us  
are small matters  
compared to what lies  
within us.

EMERSON

#### Know Thyself

The ancient Greeks knew that "the unexamined life is not worth living." Over the Greek Temple at Delphi the words were inscribed: Know thyself. They knew the importance of self-knowledge as the key to all other knowledge.

#### CHARACTER

Every man has three characters—that which he exhibits, that which he has, and that which he thinks he has.

—Alphonse Karr (1808–1890)

A man never discloses his own character so clearly as when he describes another's.

—Jean Paul Richter (1763–1825)

If you and I can honestly tell each other who we are, that is, what we think, judge, feel, value, love, honor and esteem, hate, fear, desire, hope for, believe in and are committed to, then and then only can each of us grow. Then and then alone can each of us be what he really is, say what he really thinks, tell what he really feels, express what he really loves. This is the real meaning of authenticity as a person, that my exterior truly reflects my interior. It means I can be honest in the communication of my person to others. And this I cannot do unless you help me. Unless you help me, I cannot grow, or be happy, or really come alive.

I have to be free and able to say my thoughts to you, to tell you about my judgments and values, to expose you to my fears and frustrations, to admit to you my failures and my shames, to share my triumphs, before I can really be sure what it is that I am and can become. I must be able to tell you who I am before I can know who I am. And I must know who I am before I can act truly, that is, in accordance with my true self.

JOHN POWELL, S.J.,

"*Why Am I Afraid to Tell You Who I Am?*"

**My Humanness is Decreased when I  
exclude any part of me.  
Barry Stevens**

A complete life may be one ending in so full an identification with the not-self that there is no self left to die.  
*Bernard Berenson*

The only thing that really grows is our awareness of our own nature.

The measure of a man's real character is what he would do if he knew he never would be found out.

—Thomas Babington Macaulay (1800–1859)

Integrity has no need of rules.

—Albert Camus

The discipline of desire is the background of character.

—John Locke (1632–1704)

**"We are born helpless. As soon as we are fully conscious,  
we discover loneliness. We need others physically, emotionally,  
intellectually; we need them if we are to know anything,  
even ourselves."**

—C. S. Lewis

Do not make yourself so big. You are not so small.

*Jewish proverb*