

## Quotes from [UpToParents](#)

*Nobody trips over mountains.  
We stumble over small pebbles.  
If we pass the pebbles, we'll  
cross the mountains--and  
be lifted by them.*

*You must learn from the mistakes  
of others. You can't possibly live long  
enough to make them all yourself.  
--Sam Levenson*

*Never will a time come when the most marvelous  
recent invention is as marvelous as a newborn baby.  
--Carl Sandburg*

*Children have no defense against their parents' anger.  
--Dr. Ross Campbell*

*The studies are absolutely clear on  
one point: Conflict between parents is the  
best predictor of a child's later maladjustment.  
--Dr. Anthony L. Berardi*

*I just felt bad all the time. I used to cry  
a lot, and when I wasn't crying I would feel  
like crying. . . . [I]t was just a terrible time in my  
life. My older sister seemed to deal with it better  
than I did, and my younger sister didn't deal with  
it at all until just last year, when she started  
getting stomach aches all the time.  
--Meredith, age 14*

*Every time my mother came to fetch me, she and  
my father would get into some terrible argument, and  
forget it, goodbye, everyone would just go crazy.  
--Jimmy, age 10*

*But the worst thing by far about my parents' divorce  
is that it's still going on. I mean, my parents don't talk.  
If they have to talk, it's like screaming. I thought that once  
the divorce was over, my Mom and Dad could just get  
on with their lives, but it hasn't worked out that way.  
I think that the fighting will never stop.  
--Tracy, age 16*

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*It would be nice if there could be a special house for divorced families. It would be like two houses, side by side, with a place in the middle where the kids could live. Then when parents had arguments, they could each go to their own place and get away from the other and think things out by themselves. That way, they could realize how dumb they were behaving.*  
--Heather, age 11

*One hundred years from now it will not matter what my bank account was, how big my house was, or what kind of car I drove. But the world may be a little better because I was important in the life of a child.*  
--Forest Witcraft

*Children of divorce are like kids bobbing face down in a river. What a tragedy that some of their parents stand on the riverbank arguing how the children got there, why their swimsuits don't match, or who is going to pay for the hospital bill if a rescue is ever mounted.*  
--Dr. Timothy A. Onkka

*We cannot direct the wind,  
but we can adjust the sails.*

*The most important measure of how good a game I played was how much better I helped my teammates play.*  
--Bill Russell

*Our task now is not to fix the blame for the past,  
but to fix the course for the future.*  
--John F. Kennedy

*Those who bring sunshine to the lives of others cannot keep it from themselves.*

--James Barrie

*Parents who agree about one thing will agree about everything, if that one thing is, "What do we want our children to look like when they're 25?"--Patrick Brown, attorney and therapist*

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*No pessimist ever discovered  
the secret of the stars, or sailed to  
an uncharted land, or opened a new  
doorway for the human spirit.*  
--Helen Keller

*I hurt so bad; it just seems like  
I'm always leaving something.*  
--Kylea, age 5

*Every man must decide whether he will walk  
in the light of creative altruism or the darkness  
of destructive selfishness. This is the judgment.*  
--Martin Luther King, Jr.

*We don't see things as they are,  
we see them as we are.*  
--Anais Nin

*The other thing Dad will do that will  
hurt my feelings is he'll say something like,  
"You're just like your mother," when he's  
being negative. That hurts a lot.*  
--Tracy, age 16, from  
*How It Feels When Parents Divorce*

*If we did all the things we were capable of doing,  
we would literally astound ourselves.*  
--Thomas Edison

*The weak can never forgive.  
Forgiveness is the attribute of the strong.*  
--Mahatma Gandhi

*Being brave is the hardest thing.*  
--Annie Rose, age 6

*The first rule of holes:  
if you are in one, stop digging.*

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*Your children are not your children. They are the sons and daughters of Life's longing for itself. You may give them your love but not your thoughts, for they may have their own thoughts. You may house their bodies but not their souls, for their souls dwell in the house of tomorrow, a place you cannot visit, not even in your dreams.*  
**Kahlil Gibran, *The Prophet***

*I think we saved our children the day we realized we couldn't raise them in a lawsuit, only in a family.*  
--33-year-old father of two

*I was never ruined but twice, once when I lost a lawsuit and once when I won one.*  
--Voltaire

*Judges in family cases do not solve problems or dispense justice. And they can't force families to heal. They merely make decisions for parents who fail to.*  
--J. Eric Smithburn  
Notre Dame Law Professor,  
former family court judge  
*Parents' highest obligation is to enjoy their children.*  
--Dr. Timothy A. Onkka

*No one ever told me that grief felt so much like fear.*  
--C. S. Lewis

*If a child is to keep his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement, and mystery of the world we live in.*  
--Rachel Carson

*Things didn't really get better until we insisted our families respect our decision to move forward. Things improved so much then. I think they wanted to do better, but they needed to hear it from us.*  
--37-year-old mother of two

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*For a while when my spouse was pouring conflict into our children's lives, I used that as an excuse to fight, too. I finally realized that the worse my co-parent was doing, the better I had to do. Not only did my kids love me for being the bigger person, but my spouse started doing better too. --32-year-old parent of three*

*It is only imperfection that complains of what is imperfect. The more perfect we are, the more quiet we become toward the defects of others.  
--Francois Fenelon*

*But peace does not rest in the charters and covenants alone. It lies in the hearts and minds of all people. And if it is cast out there, then no act, no pact, no treaty, no organization can hope to preserve it without the support and whole hearted commitment of all people. So let us not rest all our hopes on parchment and on paper, let us strive to build peace, a desire for peace, a willingness to work for peace in the hearts and minds of all of our people. I believe that we can. I believe the problems of human destiny are not beyond the reach of human beings.*

*Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures.*

*So let us persevere. Peace need not be impracticable—and war need not be inevitable. By defining our goal more clearly, by making it seem more manageable and less remote, we can help all peoples to see it, to draw hope from it, and to move irresistibly towards it. John F. Kennedy, U.N. speech on international peace, 1963*