

14 quotes from I'm OK You're OK: 'Three things make people want to change. One is that they hurt sufficiently. They have beat their heads against the s...

?I'm OK You're OK, I'm Not OK You're Not OK on Apple Podcasts

Musicians Bob Schneider and Clint Wells have been having deep conversations about life and art on tour buses for nearly a decade. Now you can hear them too.

The OK Not OK Matrix Changing minds

I'm not OK You're OK. When I think I'm not OK but you are OK, then I am putting myself in an inferior position with respect to you. This position may come from being belittled as a child, perhaps from dominant parents or maybe careless teachers or bullying peers.

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