

**The perceptual field is the universe of naïve experience in which each individual lives, the everyday situation of the self and its surroundings that each person takes to be reality.
(Arthur W. Combs)**

The phenomenal field is far richer and more meaningful than the objective, physical world. We invest in things about us with all sorts of meanings; these meanings are for each of us the reality to which we respond. (Arthur W. Combs)

Feelings are thus a kind of shorthand description of our perceptual fields at a particular moment. (Arthur W. Combs)

**The very existence of the self in the perceptual field not only vitally affects the process of perceiving but exerts its influence on the selection and accuracy of whatever is perceived.
(Arthur W. Combs)**

The discovery of meaning is a vitally important principle with wide implications for every aspect of human behavior. It is the fundamental problem of learning, and it explains why it is that so much of schooling has little effect on us. We might define learning as the discovery of personal meaning and rewrite the above principle as follows: any information will affect a person's behavior only to the degree to which she has perceived its relationship to herself. (Arthur W. Combs)

**There is a vast difference between knowing and behaving.
(Arthur W. Combs)**

People feel threatened when they are confronted with situations or ideas they feel inadequate to cope with. (Arthur W. Combs)

It is the feeling of personal adequacy that distinguishes threat and challenge. (Arthur W. Combs)