

Jean-Paul Sartre 1946

Existentialism Is a Humanism

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My purpose here is to offer a defence of existentialism against several reproaches that have been laid against it.

First, it has been reproached as an invitation to people to dwell in quietism of despair. For if every way to a solution is barred, one would have to regard any action in this world as entirely ineffective, and one would arrive finally at a contemplative philosophy. Moreover, since contemplation is a luxury, this would be only another bourgeois philosophy. This is, especially, the reproach made by the Communists.

From another quarter we are reproached for having underlined all that is ignominious in the human situation, for depicting what is mean, sordid or base to the neglect of certain things that possess charm and beauty and belong to the brighter side of human nature: for example, according to the Catholic critic, Mlle. Mercier, we forget how an infant smiles. Both from this side and from the other we are also reproached for leaving out of account the solidarity of mankind and considering man in isolation. And this, say the Communists, is because we base our doctrine upon pure subjectivity – upon the Cartesian "I think": which is the moment in which solitary man attains to himself; a position from which it is impossible to regain solidarity with other men who exist outside of the self. The ego cannot reach them through the cogito.

From the Christian side, we are reproached as people who deny the reality and seriousness of human affairs. For since we ignore the commandments of God and all values prescribed as eternal, nothing remains but what is strictly voluntary.

Everyone can do what he likes, and will be incapable, from such a point of view, of condemning either the point of view or the action of anyone else.

It is to these various reproaches that I shall endeavour to reply today; that is why I have entitled this brief exposition “Existentialism is a Humanism.” Many may be surprised at the mention of humanism in this connection, but we shall try to see in what sense we understand it. In any case, we can begin by saying that existentialism, in our sense of the word, is a doctrine that does render human life possible; a doctrine, also, which affirms that every truth and every action imply both an environment and a human subjectivity. The essential charge laid against us is, of course, that of over-emphasis upon the evil side of human life. I have lately been told of a lady who, whenever she lets slip a vulgar expression in a moment of nervousness, excuses herself by exclaiming, “I believe I am becoming an existentialist.” So it appears that ugliness is being identified with existentialism. That is why some people say we are “naturalistic,” and if we are, it is strange to see how much we scandalise and horrify them, for no one seems to be much frightened or humiliated nowadays by what is properly called naturalism. Those who can quite well keep down a novel by Zola such as *La Terre* are sickened as soon as they read an existentialist novel. Those who appeal to the wisdom of the people – which is a sad wisdom – find ours sadder still. And yet, what could be more disillusioned than such sayings as “Charity begins at home” or “Promote a rogue and he’ll sue you for damage, knock him down and he’ll do you homage”? We all know how many common sayings can be quoted to this effect, and they all mean much the same – that you must not oppose the powers that be; that you must not fight against superior force; must not meddle in matters that are above your station. Or that any action not in accordance with some tradition is mere romanticism; or that any undertaking which has not the support of proven experience is foredoomed to frustration; and that since experience has shown men to be invariably inclined to evil, there must be firm rules to restrain them, otherwise we shall have anarchy. It is, however, the people who are forever mouthing these dismal proverbs and, whenever they are told of some more or less repulsive action, say “How like human nature!” – it is these very people, always harping upon realism, who complain that existentialism is too gloomy a view of things. Indeed their excessive protests make me suspect that what is annoying them is not so much our pessimism, but, much more likely, our optimism. For at bottom, what is alarming in the doctrine that I am about to try to explain to you is – is it not? – that it confronts man with a possibility of choice. To verify this, let us review the whole question upon the strictly philosophic level. What, then, is this that we call existentialism?

Most of those who are making use of this word would be highly confused if required to explain its meaning. For since it has become fashionable, people cheerfully declare that this musician or that painter is “existentialist.” A columnist in *Clartes* signs himself “The Existentialist,” and, indeed, the word is now so loosely applied to so many things that it no longer means anything at all. It would appear that, for the lack of any novel doctrine such as that of surrealism, all those who are eager to join in the latest scandal or movement now seize upon this philosophy in which, however, they can find nothing to their purpose. For in truth this is of all teachings the least scandalous and the most austere: it is intended strictly for technicians and philosophers. All the same, it can easily be defined.

The question is only complicated because there are two kinds of existentialists. There are, on the one hand, the Christians, amongst whom I shall name Jaspers and Gabriel Marcel, both professed Catholics; and on the other the existential atheists, amongst whom we must place Heidegger as well as the French existentialists and myself. What they have in common is simply the fact that they believe that existence comes before essence – or, if you will, that we must begin from the subjective. What exactly do we mean by that?

If one considers an article of manufacture as, for example, a book or a paper-knife – one sees that it has been made by an artisan who had a conception of it; and he has paid attention, equally, to the conception of a paper-knife and to the pre-existent technique of production which is a part of that conception and is, at bottom, a formula. Thus the paper-knife is at the same time an article producible in a certain manner and one which, on the other hand, serves a definite purpose, for one cannot suppose that a man would produce a paper-knife without knowing what it was for. Let us say, then, of the paperknife that its essence – that is to say the sum of the formulae and the qualities which made its production and its definition possible – precedes its existence. The presence of such-and-such a paper-knife or book is thus determined before my eyes. Here, then, we are viewing the world from a technical standpoint, and we can say that production precedes existence.

When we think of God as the creator, we are thinking of him, most of the time, as a supernal artisan. Whatever doctrine we may be considering, whether it be a doctrine like that of Descartes, or of Leibnitz himself, we always imply that the will follows, more or less, from the understanding or at least accompanies it, so that when God creates he knows precisely what he is creating. Thus, the conception of man in the mind of God is comparable to that of the paper-knife in the mind of the

artisan: God makes man according to a procedure and a conception, exactly as the artisan manufactures a paper-knife, following a definition and a formula. Thus each individual man is the realisation of a certain conception which dwells in the divine understanding. In the philosophic atheism of the eighteenth century, the notion of God is suppressed, but not, for all that, the idea that essence is prior to existence; something of that idea we still find everywhere, in Diderot, in Voltaire and even in Kant. Man possesses a human nature; that “human nature,” which is the conception of human being, is found in every man; which means that each man is a particular example of a universal conception, the conception of Man. In Kant, this universality goes so far that the wild man of the woods, man in the state of nature and the bourgeois are all contained in the same definition and have the same fundamental qualities. Here again, the essence of man precedes that historic existence which we confront in experience.

Atheistic existentialism, of which I am a representative, declares with greater consistency that if God does not exist there is at least one being whose existence comes before its essence, a being which exists before it can be defined by any conception of it. That being is man or, as Heidegger has it, the human reality. What do we mean by saying that existence precedes essence? We mean that man first of all exists, encounters himself, surges up in the world – and defines himself afterwards. If man as the existentialist sees him is not definable, it is because to begin with he is nothing. He will not be anything until later, and then he will be what he makes of himself. Thus, there is no human nature, because there is no God to have a conception of it. Man simply is. Not that he is simply what he conceives himself to be, but he is what he wills, and as he conceives himself after already existing – as he wills to be after that leap towards existence. Man is nothing else but that which he makes of himself. That is the first principle of existentialism. And this is what people call its “subjectivity,” using the word as a reproach against us. But what do we mean to say by this, but that man is of a greater dignity than a stone or a table? For we mean to say that man primarily exists – that man is, before all else, something which propels itself towards a future and is aware that it is doing so. Man is, indeed, a project which possesses a subjective life, instead of being a kind of moss, or a fungus or a cauliflower. Before that projection of the self nothing exists; not even in the heaven of intelligence: man will only attain existence when he is what he purposes to be. Not, however, what he may wish to be. For what we usually understand by wishing or willing is a conscious decision taken – much more often than not – after we have made ourselves what we are. I may wish to join a party, to write a book or to marry – but in such a case what is

usually called my will is probably a manifestation of a prior and more spontaneous decision. If, however, it is true that existence is prior to essence, man is responsible for what he is. Thus, the first effect of existentialism is that it puts every man in possession of himself as he is, and places the entire responsibility for his existence squarely upon his own shoulders. And, when we say that man is responsible for himself, we do not mean that he is responsible only for his own individuality, but that he is responsible for all men. The word "subjectivism" is to be understood in two senses, and our adversaries play upon only one of them. Subjectivism means, on the one hand, the freedom of the individual subject and, on the other, that man cannot pass beyond human subjectivity. It is the latter which is the deeper meaning of existentialism. When we say that man chooses himself, we do mean that every one of us must choose himself; but by that we also mean that in choosing for himself he chooses for all men. For in effect, of all the actions a man may take in order to create himself as he wills to be, there is not one which is not creative, at the same time, of an image of man such as he believes he ought to be. To choose between this or that is at the same time to affirm the value of that which is chosen; for we are unable ever to choose the worse. What we choose is always the better; and nothing can be better for us unless it is better for all. If, moreover, existence precedes essence and we will to exist at the same time as we fashion our image, that image is valid for all and for the entire epoch in which we find ourselves. Our responsibility is thus much greater than we had supposed, for it concerns mankind as a whole. If I am a worker, for instance, I may choose to join a Christian rather than a Communist trade union. And if, by that membership, I choose to signify that resignation is, after all, the attitude that best becomes a man, that man's kingdom is not upon this earth, I do not commit myself alone to that view. Resignation is my will for everyone, and my action is, in consequence, a commitment on behalf of all mankind. Or if, to take a more personal case, I decide to marry and to have children, even though this decision proceeds simply from my situation, from my passion or my desire, I am thereby committing not only myself, but humanity as a whole, to the practice of monogamy. I am thus responsible for myself and for all men, and I am creating a certain image of man as I would have him to be. In fashioning myself I fashion man.

[...]

In the light of all this, what people reproach us with is not, after all, our pessimism, but the sternness of our optimism. If people condemn our works of fiction, in which we describe characters that are base, weak, cowardly and sometimes even frankly

evil, it is not only because those characters are base, weak, cowardly or evil. For suppose that, like Zola, we showed that the behaviour of these characters was caused by their heredity, or by the action of their environment upon them, or by determining factors, psychic or organic. People would be reassured, they would say, "You see, that is what we are like, no one can do anything about it." But the existentialist, when he portrays a coward, shows him as responsible for his cowardice. He is not like that on account of a cowardly heart or lungs or cerebrum, he has not become like that through his physiological organism; he is like that because he has made himself into a coward by actions. There is no such thing as a cowardly temperament. There are nervous temperaments; there is what is called impoverished blood, and there are also rich temperaments. But the man whose blood is poor is not a coward for all that, for what produces cowardice is the act of giving up or giving way; and a temperament is not an action. A coward is defined by the deed that he has done. What people feel obscurely, and with horror, is that the coward as we present him is guilty of being a coward. What people would prefer would be to be born either a coward or a hero. One of the charges most often laid against the *Chemins de la Liberté* is something like this: "But, after all, these people being so base, how can you make them into heroes?" That objection is really rather comic, for it implies that people are born heroes: and that is, at bottom, what such people would like to think. If you are born cowards, you can be quite content, you can do nothing about it and you will be cowards all your lives whatever you do; and if you are born heroes you can again be quite content; you will be heroes all your lives eating and drinking heroically. Whereas the existentialist says that the coward makes himself cowardly, the hero makes himself heroic; and that there is always a possibility for the coward to give up cowardice and for the hero to stop being a hero. What counts is the total commitment, and it is not by a particular case or particular action that you are committed altogether.

We have now, I think, dealt with a certain number of the reproaches against existentialism. You have seen that it cannot be regarded as a philosophy of quietism since it defines man by his action; nor as a pessimistic description of man, for no doctrine is more optimistic, the destiny of man is placed within himself. Nor is it an attempt to discourage man from action since it tells him that there is no hope except in his action, and that the one thing which permits him to have life is the deed. Upon this level therefore, what we are considering is an ethic of action and self-commitment. However, we are still reproached, upon these few data, for confining man within his individual subjectivity. There again people badly misunderstand us.

[...]

In the second place, this theory alone is compatible with the dignity of man, it is the only one which does not make man into an object. All kinds of materialism lead one to treat every man including oneself as an object – that is, as a set of pre-determined reactions, in no way different from the patterns of qualities and phenomena which constitute a table, or a chair or a stone. Our aim is precisely to establish the human kingdom as a pattern of values in distinction from the material world. But the subjectivity which we thus postulate as the standard of truth is no narrowly individual subjectivism, for as we have demonstrated, it is not only one's own self that one discovers in the cogito, but those of others too. Contrary to the philosophy of Descartes, contrary to that of Kant, when we say "I think" we are attaining to ourselves in the presence of the other, and we are just as certain of the other as we are of ourselves. Thus the man who discovers himself directly in the cogito also discovers all the others, and discovers them as the condition of his own existence. He recognises that he cannot be anything (in the sense in which one says one is spiritual, or that one is wicked or jealous) unless others recognise him as such. I cannot obtain any truth whatsoever about myself, except through the mediation of another. The other is indispensable to my existence, and equally so to any knowledge I can have of myself. Under these conditions, the intimate discovery of myself is at the same time the revelation of the other as a freedom which confronts mine, and which cannot think or will without doing so either for or against me. Thus, at once, we find ourselves in a world which is, let us say, that of "inter-subjectivity". It is in this world that man has to decide what he is and what others are.

[...]

[Another] objection [to existentialism], stated by saying, "You take with one hand what you give with the other," means, at bottom, "your values are not serious, since you choose them yourselves." To that I can only say that I am very sorry that it should be so; but if I have excluded God the Father, there must be somebody to invent values. We have to take things as they are. And moreover, to say that we invent values means neither more nor less than this; that there is no sense in life a priori. Life is nothing until it is lived; but it is yours to make sense of, and the value of it is nothing else but the sense that you choose. Therefore, you can see that there is a possibility of creating a human community. I have been reproached for suggesting that existentialism is a form of humanism: people have said to me, "But

you have written in your *Nausée* that the humanists are wrong, you have even ridiculed a certain type of humanism, why do you now go back upon that?" In reality, the word humanism has two very different meanings. One may understand by humanism a theory which upholds man as the end-in-itself and as the supreme value. Humanism in this sense appears, for instance, in Cocteau's story *Round the World in 80 Hours*, in which one of the characters declares, because he is flying over mountains in an airplane, "Man is magnificent!" This signifies that although I personally have not built aeroplanes, I have the benefit of those particular inventions and that I personally, being a man, can consider myself responsible for, and honoured by, achievements that are peculiar to some men. It is to assume that we can ascribe value to man according to the most distinguished deeds of certain men. That kind of humanism is absurd, for only the dog or the horse would be in a position to pronounce a general judgment upon man and declare that he is magnificent, which they have never been such fools as to do – at least, not as far as I know. But neither is it admissible that a man should pronounce judgment upon Man. Existentialism dispenses with any judgment of this sort: an existentialist will never take man as the end, since man is still to be determined. And we have no right to believe that humanity is something to which we could set up a cult, after the manner of Auguste Comte. The cult of humanity ends in Comtian humanism, shut-in upon itself, and – this must be said – in Fascism. We do not want a humanism like that.

But there is another sense of the word, of which the fundamental meaning is this: Man is all the time outside of himself: it is in projecting and losing himself beyond himself that he makes man to exist; and, on the other hand, it is by pursuing transcendent aims that he himself is able to exist. Since man is thus self-surpassing, and can grasp objects only in relation to his self-surpassing, he is himself the heart and center of his transcendence. There is no other universe except the human universe, the universe of human subjectivity. This relation of transcendence as constitutive of man (not in the sense that God is transcendent, but in the sense of self-surpassing) with subjectivity (in such a sense that man is not shut up in himself but forever present in a human universe) – it is this that we call existential humanism. This is humanism, because we remind man that there is no legislator but himself; that he himself, thus abandoned, must decide for himself; also because we show that it is not by turning back upon himself, but always by seeking, beyond himself, an aim which is one of liberation or of some particular realisation, that man can realize himself as truly human.

You can see from these few reflections that nothing could be more unjust than the objections people raise against us. Existentialism is nothing else but an attempt to draw the full conclusions from a consistently atheistic position. Its intention is not in the least that of plunging men into despair. And if by despair one means as the Christians do – any attitude of unbelief, the despair of the existentialists is something different. Existentialism is not atheist in the sense that it would exhaust itself in demonstrations of the non-existence of God. It declares, rather, that even if God existed that would make no difference from its point of view. Not that we believe God does exist, but we think that the real problem is not that of His existence; what man needs is to find himself again and to understand that nothing can save him from himself, not even a valid proof of the existence of God. In this sense existentialism is optimistic. It is a doctrine of action, and it is only by self-deception, by confining their own despair with ours that Christians can describe us as without hope.

Other Quotes:

On 'the absurd': "Man stands face to face with the irrational. He feels within him his longing for happiness and for reason. The absurd is born of this confrontation between the human need and the unreasonable silence of the world." -Camus

"What I really need is to get clear about what I must do, not what I must know, except insofar as knowledge must precede every act. What matters is to find a purpose, to see what it really is that God wills that I shall do; the crucial thing is to find a truth which is truth for me, to find the idea for which I am willing to live and die." -Kierkegaard