

Friday Night Epicurean Happy Hour Zoom

Post by “Kalosyni” of December 2, 2022 at 8:04 AM

[Quote from Cassius](#)

One thing I personally would like to see too would be an expansion of the chart in post 13 above with so we could add sample "therapies" that fit under each category.

In other words I see the basic organization of a chart as divided up into sort of "areas of life" where the columns list (1) the area of life, then (2) a description of healthy functioning in that area, then (3) a description of misfires or less healthy functioning / pitfalls, then (4) references to texts cites that deal with the issue, and then (5) a final column for suggested "techniques" or "therapies" that apply to that area of functioning.

Thank you Cassius posting the reminder for tonight's happy hour!

I will have an simple outline, yet it will be a slightly different format than the above.

I do want to keep this very informal, and also I want bring in an option of interpersonal exploration of practical therapeutics, if anyone wants to try a kind of talking through of a therapeutic method as it would apply to real life.

And I want to move in the direction of "happy" hour -- so focusing on additive choices (and can explain more on that).

Post here or message me if you have any further questions 😊