

# Epicurean Verse For When You're Feeling...

Post by “Kalosyni” of March 9, 2023 at 1:08 PM

Thanks [Cassius](#) for pointing that out, and this interesting quote:

## Quote

The methods employed in CBT research have not been the only criticisms; some individuals have called its theory and therapy into question.[\[225\]](#)

Slife and Williams write that one of the hidden assumptions in CBT is that of [determinism](#), or the absence of [free will](#). They argue that CBT holds that external stimuli from the environment enter the mind, causing different thoughts that cause emotional states: nowhere in CBT theory is agency, or free will, accounted for.[\[215\]](#)

Another criticism of CBT theory, especially as applied to major depressive disorder (MDD), is that it confounds the symptoms of the disorder with its causes.[\[218\]](#)

It would be good to evaluate any of the Epicurean verses in light of two factors:

- 1) Does this Epicurean verse allow me to see and exercise my free will, and does it help me see that I have multiple options for solving problems in my life?
- 2) Does this Epicurean verse confound (confuse or mix up) the symptoms (my feelings/emotions) with the causes? (Try to get rid of symptoms without understanding the causes).