

# Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?

Post by “Kalosyni” of May 3, 2022 at 5:53 PM

In the past I studied this mode of therapy and attempted to apply it to myself. One is supposed to do this with a certified therapist rather than on one's own. But I did find some benefit from it from studying it. I think this might be compatible with Epicureanism? ( even if it might be more likely associated with stoicism). What do you all think?

Here is an brief over-view:

## Quote

REBT is the pioneering form of cognitive behavior therapy developed by Dr. Albert Ellis in 1955. REBT is an action-oriented approach to managing cognitive, emotional, and behavioral disturbances.

According to REBT, it is largely our thinking about events that leads to emotional and behavioral upset. With an emphasis on the present, individuals are taught how to examine and challenge their unhelpful thinking which creates unhealthy emotions and self-defeating/self-sabotaging behaviors.

REBT is a practical approach to assist individuals in coping with and overcoming adversity as well as achieving goals. REBT places a good deal of its focus on the present. REBT addresses attitudes, unhealthy emotions (e.g., unhealthy anger, depression, anxiety, guilt, etc.) and maladaptive behaviors (e.g., procrastination, addictive behaviors, aggression, unhealthy eating, sleep disturbance, etc.) that can negatively impact life satisfaction. REBT practitioners work closely with individuals, seeking to help identify their individual set of beliefs (attitudes, expectations and personal rules) that frequently lead to emotional distress.

REBT then provides a variety of methods to help people reformulate their dysfunctional beliefs into more sensible, realistic and helpful ones by employing the powerful REBT technique called “disputing.” Ultimately, REBT helps individuals to develop a philosophy and approach to living that can increase their effectiveness and satisfaction at work, in living successfully with others, in parenting and educational settings, in making our community and environment healthier, and in enhancing their own emotional health and personal welfare.

<https://albertellis.org/rebt-cbt-therapy/>

I wouldn't want to say that anyone should do this on their own, so this is just a reference to a possible mode of therapy. And I am re-visiting it now, due to feeling some life stressors and circumstances which have me feeling off-kilter.

In some sense this is like "worm-wood" medicine. But as Epicureans we need to use some honey with it -- so to be gentle and kind and give oneself some Epicurean pleasure, while applying this.

This link has more specifics: [REBT](#)