

Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?

Post by “Kalosyni” of May 3, 2022 at 7:47 PM

In addition to the above post, here is more. There isn't anything in Epicureanism like this, but this could be helpful for dealing with feelings of worry which can get in the way of the enjoyment of pleasures.

Quote

Here are the questions to ask yourself, outlined in our [Disputing Irrational Beliefs Handout](#):

1. *What is the self-defeating irrational belief I would like to dispute and reduce?*
2. *Am I able to support this belief with objective facts?*
3. *What proof is there that this belief is false?*
4. *Is there any proof that this belief is true?*
5. *What is the worst possible outcome that could occur if I fail to get what I believe I must? What's the worst possible outcome if I do get what I believe I mustn't? What other negative things could happen to me?*
6. *What positive things could I cause to happen if my undesirable scenarios pan out?*

Source: <https://positivepsychology.com/rebt-technique...ses-worksheets/>