

Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?

Post by “Kalosyni” of May 3, 2022 at 11:28 PM

[Quote from Cassius](#)

We haven't talked about cognitive behavioral therapy in a long while, and i am not up on the details. In general, it's definitely more related to Stoicism, and in fact the leading internet Stoic, Donald Robertson, is primarily (from what I gather) a CBT teacher.

Oh wow, I didn't know that.

For myself, I just notice that occassionally I get caught in some kind of circular thinking which makes me feel sad. And it has to do with something that I want, but it is difficult to get, or it is something that I may never be able to have. And then I might think: "If I can't have (xyz) then I can't be happy in life." Which is followed by "And there is probably something wrong with me and that is why I can't get it/have it."

So REBT is a way to talk yourself out of your false beliefs about reality. And yet it leaves a sort of empty feeling.

But if this particular "thing" that I want is something which I feel would fall into the Epicurean category of "necessary for happiness" -- and if there was an Epicurean community, then someone could step forward to help resolve the situation, or as a community everyone could put their heads together to figure out a solution. So if we are living in this modern isolated world, and thus there is CBT to deal with the modern world problems, problems coming out of consumerism and individuality, and divisive or guiltning political and religious ideologies. And people go through life with way too serious of an attitude.