

Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?

Post by “Godfrey” of May 4, 2022 at 1:17 AM

One approach to dealing with a negative thought loop is to work at feeling gratitude for tiny things in your life. The more you do this, the more "blessed" (maybe like a blessed and incorruptible being?) you feel, the more you can enjoy fulfilling the natural and necessary desires. As the joy in your life increases, so does the openness to further blessings.

VS19: He who forgets the good things he had yesterday becomes an old man today.

VS35: Don't ruin the things you have by wanting what you don't have, but realize that they too are things you once did wish for.

VS55: Misfortune must be cured through gratitude for what has been lost and the knowledge that it is impossible to change what has happened.