

Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?

Post by "Cassius" of May 4, 2022 at 7:32 AM

[Quote from Kalosyni](#)

It is hard to say how the idea within my mind of a particular story regarding the "best life" or the kind of life that will be most pleasurable, came to be. Perhaps it was past moments of a time in which everything seemed right in my life, but now my life is different and uncertain. My particular idea -- sort of a life "recipe" for happiness -- may never come to be again.

So it seems that I may have to settle for a lesser recipe -- one which is rather bland -- no salt or spices -- sure I won't keel over and die -- and maybe I will at times find pleasure. But I suppose this is why some people end up in Buddhism and doing meditation.

Most of the time when I hear people say things like this I think one appropriate response is:

You yourself are the only person who can decide how best to spend your time and what goals are appropriate. Epicurus can tell you about the nature of the universe and what is realistic to expect, but your particular situation is unique to you and you yourself have to think through the best course of action given those circumstances. There is no single "best life" for everyone, and it takes pain to achieve many pleasures, so only you can decide what course to take.

That's a bitter pill for some people to swallow, and maybe that's what you mean by "why some people end up in Buddhism" as a method of coping with that. But that's the nature of the universe (at least in Epicurean terms) so we all have to act as best we can with that sense of reality.