

# Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?

Post by “Kalosyni” of May 4, 2022 at 7:56 AM

## [Quote from Cassius](#)

You yourself are the only person who can decide how best to spend your time and what goals are appropriate.

So to further elaborate on my idea of a "recipe for a happy life" - I will be more open about what that is - the idea of being in a long-term relationship (which I was in the past, but am no longer) and having the joys of intimacy (both emotional and physical). Statistically women over the age of 50 are much less likely to partner up again (I have researched this. Often any men who are single in older age are either not in the mindset for wanting a relationship, or they have "attachment-avoidance" behaviours and are therefore unfit for long-term relationships.)

So my second "recipe for a happy life" is to create an in person Epicurean philosophy group - this would be my consolation for not being able to cook up my first desired recipe. This would need to be something which would give the emotion intimacy of friendships. But this is a very big project which is proving to be more difficult to get going, and logistically I feel a bit flummoxed. But I do realize that by putting my mind more firmly on my goal of an "Epicurean Garden" then I do start to feel a bit...happier, lol.

So then I must focus on this, and doing what needs to be done to create that.