

# Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?

Post by “Kalosyni” of May 4, 2022 at 2:55 PM

[Quote from Cassius](#)

[PD27](#). Of all the things which wisdom acquires to produce the blessedness of the complete life, far the greatest is the possession of friendship.

Yes! And then also this Vatican saying:

34. The use of friends is not that they are useful, but that we can trust in their usefulness.

So then I take this as meaning to have friends in which we can rely on. And of course friends whom I enjoy being around and spending time with. And it takes time and effort to nurture these kinds of friendships.

Moving away from the REBT (of this thread) -- this morning I remembered being a kid and in 2nd or 3rd grade, a woman came into our classroom to have us do sing-alongs of various songs to her guitar accompaniment.

This was one song:

[lyrics](#): "Hush Little Baby"

or listen:

<https://m.youtube.com/watch?v=dUqqGpoMcE4>

Researching this I see that it was a folk song lullaby originating from Virginia/North Carolina. And the idea is that there is always something else in which to find enjoyment, though this is rather materialistic in that it is relying on material objects.

As adults there is no Papa to take care of us anymore, nor is there a "Papa in the sky" to whom we pray. So it is up to us to do what we need to do. And sometimes first the pain before we can get to the pleasure, as Cassius wrote in another thread:

\*\*\*"Because Epicurus might well listen to a person's story and their particular set of problems and prescribe something that leads first to "Pain" before only later leading to "Pleasure."\*\*

And it comes to me, I wonder what might we say from a wise Epicurean point of view -- sort of a grown-up lullaby. What kind of words would we sing to ourselves when things seem difficult? This is something I will ponder, and perhaps write a song 😊

<https://www.epicureanfriends.com/thread/2501-is-rational-emotive-behavioral-therapy-compatible-with-epicureanism/?postID=17853#post17853>