

# **Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?**

**Post by “Eoghan Gardiner” of May 4, 2022 at 6:31 PM**

For my own experience, I found EFT or emotional focused therapy much better than CBT. It doesn't deny emotional states and treats emotional states as what they are supposed to be, namely guides for choosing or avoiding.

When you constantly feel a painful emotion it's a sign from nature that you need to do something.