

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

**Post by “Godfrey” of May 4, 2022 at 8:10 PM**

I took a look at the Getty Aphrodite website. From reading the tags, I get the feeling that writing on the tags and posting them actually could be quite cathartic. It's not as if one's prayers would be answered, but I can see how doing that could help a person to release some pent up emotion. It might have something in common with Catholic confession or Tibetan prayer flags although I don't know much about either of those.