

"Medicine" of Epicurus: Removing Fear and Finding Freedom

Post by "Godfrey" of May 31, 2022 at 5:04 PM

Quote

Quote

[Quote from Nate](#) Anyway, CBT made it easier for me to go on to tolerate the slings and arrows of outrageous fortune. What it failed to do was provide direction.

That's one of the core criticisms I read about CBT -- it doesn't suggest a positive idea of what a healthy human being will do once "cured" of temporary problems, and without an orientation toward how to proceed positively in life it amounts to looking to Tylenol or Aspirin as the goal of life.

For me, one of the keys of EP is that it encourages opening to the nuances of your feelings. I find this far more efficacious than relying on reason or conforming my thinking to religious doctrine. However I have no clinical conditions (that I'm aware of) and I recognize that reason and religion can be effective up to a point, and some people are content to stop there. But, personally, not taking that last step of becoming intimately aware of my feelings falls short of allowing me to live my most pleasant life.