

ACT - a bridge which translates Epicurean philosophy into life goals (thread started by Julia)

Post by “Kalosyni” of September 8, 2024 at 6:55 PM

Hi [Julia](#) 😊 Thanks for the explanation about Acceptance and Commitment Therapy! I will need to re-read through that to see if I can fully grasp the system. It sounds like you are saying that this can be done by one's self as "self-help" rather than as a therapy with a therapist, and that is compatible with Epicurean philosophy.

I myself have a preferred way of dealing with feelings, needs, and taking action. I spent some time studying a system of self-help and mediation called [Nonviolent Communication](#) (also called Compassionate Communication). I created [a blog with notes from a workbook](#) some time ago. And I believe this system is also compatible with Epicurean philosophy.

Also recently I found this method called [WOOP](#) -- Wish Outcome Obstacle Plan (on that website scroll down till you see the WOOP Kit - you can preview the WOOP kit by zooming in and clicking through the pages or there is a download button). This method is on how to follow through on things that you need or want to do. These are things which should be under our immediate control but in which may be experiencing some difficulty in sticking to what needs to be done (such as studying more for exams, following through on diets, etc).