Techniques for Better Living

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Techniques for Better Living

The following is a list of techniques for dealing with common life issues. This page contains the main list, which consists of the title of each technique along with a several sentence summary. Each technique has a clickable link which will take you to another page with a longer description of the technique and a place for users to add comments and ask questions about each one.

Contributors who have editing privileges should follow the procedures here for creating new entries and adding to existing ones. This is a community-generated effort, and contributions will be marked with the user-name who initiated the particular technique.

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1. For help with anxiety about your relationship with a higher being.

1.1. Reflect on Principle Doctrine One To Remember That The Gods Cause No Trouble To Anyone.

Reflect on Principal Doctrine One: Principal Doctrine 1 is: "The blessed and immortal nature knows no trouble itself, nor causes trouble to any other, so that it is never constrained by anger or favor. For all such things exist only in the weak." (Added by Cassius)

1.2. Technique 2 Summary Title (a link) followed by sentence or two description.

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2. For help with anxiety about the death of yourself or of a friend.

2.1. Reflect on Principal Doctrine Two To Remember That Death is the End of All Troubles

Reflect on Principal Doctrine Two: Principal Doctrine Two is: "Death is nothing to us, for that which is dissolved is without sensation; and that which lacks sensation is nothing to us." (Bailey translation) (Added by Cassius)

2.2. Read Lucretius Book Three, Starting Latin Line ____

Reflect on the ending section of Lucretius Book three, which contains many observations supporting the view that we should not be concerned about dying.

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3. For help with anxiety that you are trapped by forces beyond your control.

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

4. For help with anxiety about your relationships with other people in general.

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

5. For help with anxiety about your relationship with friends and family.

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

6. For help with generalized anxiety.

6.1. Title (marked as headline two) followed by a paragraph of which the first phrase is a link and then a several sentence description

If you reject any single sensation, and fail to distinguish between the conclusion of opinion, as to the appearance awaiting confirmation, and that which is actually given by the sensation or feeling, or each intuitive apprehension of the mind, you will confound all other sensations, as well, with the same groundless opinion, so that you will reject every standard of judgment. And if among the mental images created by your

opinion you affirm both that which awaits confirmation, and that which does not, you will not escape error, since you will have preserved the whole cause of doubt in every judgment between what is right and what is wrong.

6.2. Title (marked as headline two) followed by a paragraph of which the first phrase is a link and then a several sentence description

If you reject any single sensation, and fail to distinguish between the conclusion of opinion, as to the appearance awaiting confirmation, and that which is actually given by the sensation or feeling, or each intuitive apprehension of the mind, you will confound all other sensations, as well, with the same groundless opinion, so that you will reject every standard of judgment. And if among the mental images created by your opinion you affirm both that which awaits confirmation, and that which does not, you will not escape error, since you will have preserved the whole cause of doubt in every judgment between what is right and what is wrong.

7. For help with making decision about romantic love / sex issues.

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

8. For help with anxiety about "making a difference" in the world

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

9. For help with anxiety that your life is not "meaningful"

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

10. For help with anxiety that nothing makes any difference and that life is a waste of time ("nihilism")

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

11. For help with anxiety that you need to be famous and well-known.

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

12. For help with anxiety about financial issues.

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

13. For help with anxiety about political and social power issues.

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

14. For help with anxiety about your place in the universe.

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

15. For help with anxiety about health issues.

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

16. For help with making decisions about career issues.

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

17. For help with recovering from worldviews that denounce pleasure.

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.

18. For help with pursuing pleasure in ways that are most successful for you.

Technique 1 Summary Title (a link) followed by sentence or two description.

Technique 2 Summary Title (a link) followed by sentence or two description.