



Stoic Philosophy, CBT & Behaviour Change



About Tim LeBon

- Tim LeBon gained a first class degree in Philosophy, Politics and Economics at Trinity College, Oxford and an M.Phil at the University of London.
- Tim has a strong interest in the integration of philosophy with psychology.
- His first book *Wise Therapy: Philosophy for Counsellors* was published by Continuum in 2001.
- His latest book *Achieve your Potential with Positive Psychology* was published by Hodder in 2014.
- Tim is an accredited CBT therapist in the NHS in Hampshire specialising in helping people with anxiety and depression (TalkPlus)
- He also provides private CBT and philosophical life coaching in Central London
- Tim is a founder member of the Modern Stoicism project.
- More information can be found at Tim's web site <http://www.timlebon.com>
- A pdf of this presentation will be made available at <http://blog.timlebon.com>
- You can follow Tim on Twitter @timlebon

Tim LeBon



www.timlebon.com

Plan for This Morning

- Introduction – types of behaviour changes, your desired behaviour changes, Positive Psychology (20 mins)
- CBT & Behaviour Changes (40 mins)
- Q & A (10 mins)
- Stoic Philosophy and Behaviour Changes (40 mins)
- Q & A (10 mins)
- Finish at 12 noon
- At least 1 video clip!

Learning Outcomes

- What is CBT?
- What is Stoicism?
- How can CBT & Stoicism help with behavioural changes?
- Could CBT or Stoicism help me with my desired behavioural changes?

New Year's Resolutions – a type of Behaviour Change?

- According to [a recent YouGov poll](#), the most popular New Year's resolutions for 2018 are as follows:
 1. Eat better
 2. Exercise more
 3. Spend less money
 4. Self care (e.g. get more [sleep](#))
 5. Read more books
 6. Learn a new skill
 7. Get a new job
 8. Make new friends
 9. Get a new hobby
 10. Focus more on appearance

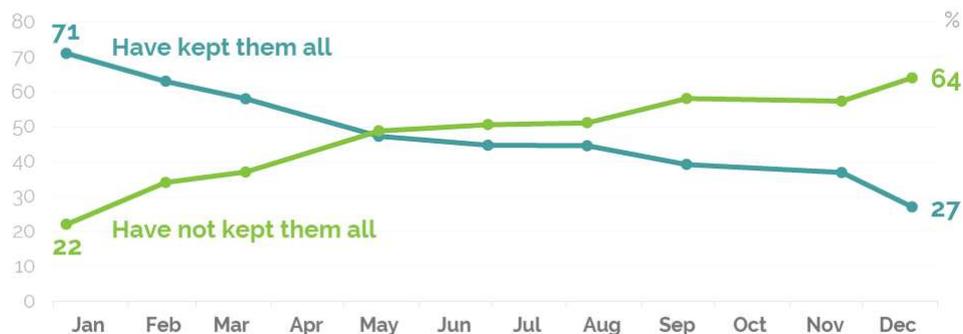
New Year's Resolutions 2014

Which of the following New Year's Resolutions are you thinking of making?



Only a quarter of Brits who made New Year's resolutions have kept them all

And have you managed to keep all your New Year's resolutions so far?
% of those who made 2017 New Year's resolutions



YouGov | yougov.com

Latest update: December 20-21, 2017

Emotional Behaviour Changes

- Procrastinating less
- Being less irritable, angry or frustrated
- Worrying less
- Being less of a perfectionist
- Less time-wasting activities e.g. surfing internet, junk TV
- Being more socially confident so I can socialise more – date, go to parties, make more friends, find a good relationship
- Overcoming a mental health problem – panic attacks, phobia, compulsive checking, hypochondria, depression
- *All behavioural changes involve emotional changes*
- *People are more likely to ask for support from a CBT therapist for these “emotional behaviour changes” than typical New Year Resolutions*
- *Many of these changes provoke anxiety which in turn can lead to avoidance and other unhelpful behaviours*

Ethical Behaviour Changes

- Helping other people
- Being Rational (things I wont regret, Long-term not short-term)
- Be things that the best version of me would do
- Leading a life of meaning and purpose
- Doing the right thing even when I am afraid or tempted
- Doing the wise thing
- Being a virtuoso at living
- Being an excellent human being
- Stoicism is more obvious a match for some of these changes than CBT.
- Let’s stay curious about whether
 - Emotional Behaviour Changes = CBT
 - Ethical Behaviour Change = Stoicism
 - New Year Resolutions Behaviour Change = ??

Three Wishes



- A genie comes and offers you 3 behaviours you could change this year.
- What would you choose?
- Remember, it has to be something possible, and a behaviour of yours. The genie will make sure the behaviour change happens.
- What would you choose?
- Maybe speak to your neighbour for a moment.
- Which type of changes would you make – New Year resolutions, emotional or ethical?
- Why?

Your Three Wishes



Which of the following ten strategies do you think is likely to help you to change an important aspect of your life (such as dieting, quitting smoking finding a relationship or changing career)

1. Make a step-by-step plan.
2. Motivate myself by focusing on someone that I admire for achieving so much (e.g., a celebrity role model or great leader).
3. Tell other people about my goal.
4. Think about the bad things that will happen if I don't achieve my goal.
5. Think about the good things that will happen if I achieve my goal.

Which of the following are good ideas?

6. Try to suppress unhelpful thoughts (e.g. avoid thinking about eating unhealthy food or smoking).
7. Reward myself for making progress toward my goal.
8. Rely on willpower.
9. Record my progress (e.g. in a journal or on a chart).
10. Fantasize about how great my life will be when I achieve my goal.

Source: Richard Wiseman *59 Seconds* (2009)

Only the odd-numbered strategies were found to help with behaviour changes

- 1 Make a step-by-step plan.
- 2 ~~Motivate myself by focusing on someone that I admire for achieving so much (e.g., a celebrity role model or great leader).~~
- 3 Tell other people about my goal.
- 4 ~~Think about the bad things that will happen if I don't achieve my goal.~~
- 5 Think about the good things that will happen if I achieve my goal.

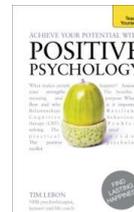
Only the odd-numbered strategies were found to help with behaviour changes.

- 6 ~~Try to suppress unhelpful thoughts (e.g. avoid thinking about eating unhealthy food or smoking).~~
- 7 Reward myself for making progress toward my goal.
- 8 ~~Rely on willpower.~~
- 9 Record my progress (e.g. in a journal or on a chart).
- 10 ~~Fantasize about how great my life will be when I achieve my goal.~~

5 strategies that help with behaviour changes

- 1 Make a step-by-step plan.**
- 3 Tell other people about my goal.**
- 5 Think about the good things that will happen if I achieve my goal.**
- 7 Reward myself for making progress toward my goal.**
- 9 Record my progress (e.g. in a journal or on a chart).**

More Positive Psychology tips



CBT and Behaviour Change

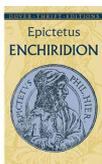
- Albert Ellis



- Aaron T. Beck



- Founders of Cognitive Behavioural Therapies



“It isn't events themselves that disturb people, but the judgements they make about them”

Epictetus



www.timebon.com

Does how we think really affect how we feel and what we do?

- One side of room - imagine that you believe dogs are fierce and dangerous
- Other side - imagine that you believe dogs are cuddly and lovable
- Now write down what emotions you are likely to experience if you see the following picture, *with those beliefs*



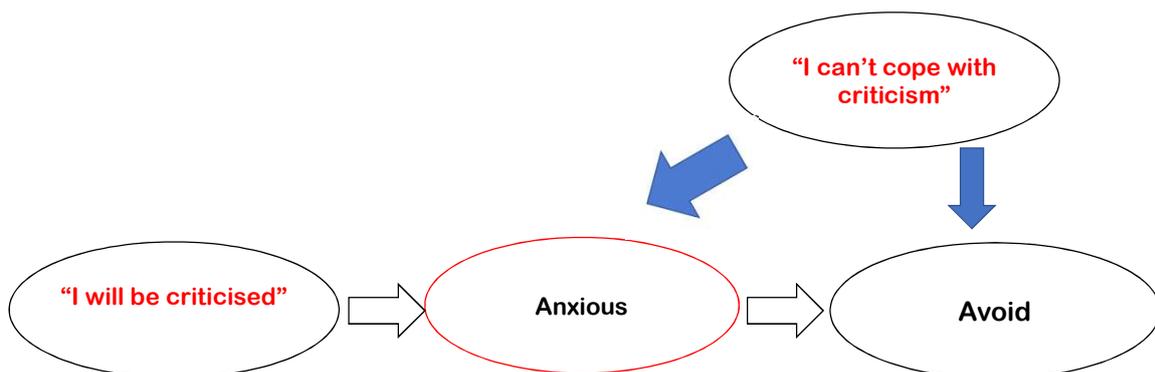
What can we learn from that experience?

- What we think and what we believe affects how we feel and what we do
- Could this principle help us change any of our behaviours?

Behaviour Change Made (Too) Easy



https://www.youtube.com/watch?v=LhQGzeiYS_Q

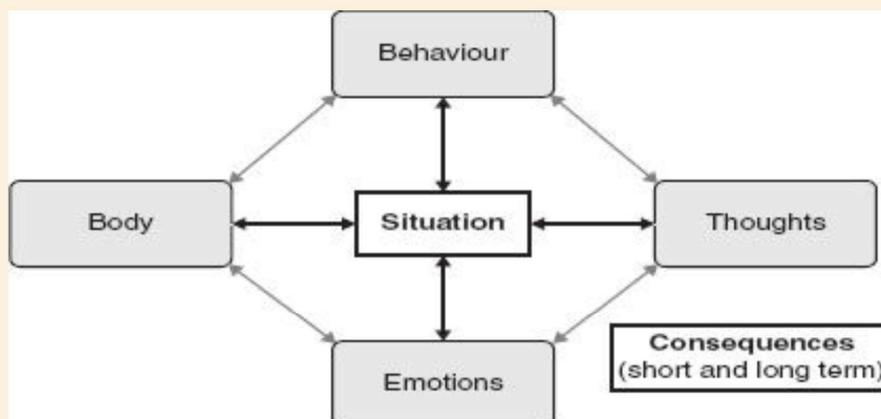


What we *believe* affects how we *feel* and *often* affects what we *do*
Automatic negative thoughts & Underlying Interfering Assumptions

To just ASS U ME everything makes an
ASS out of U and ME



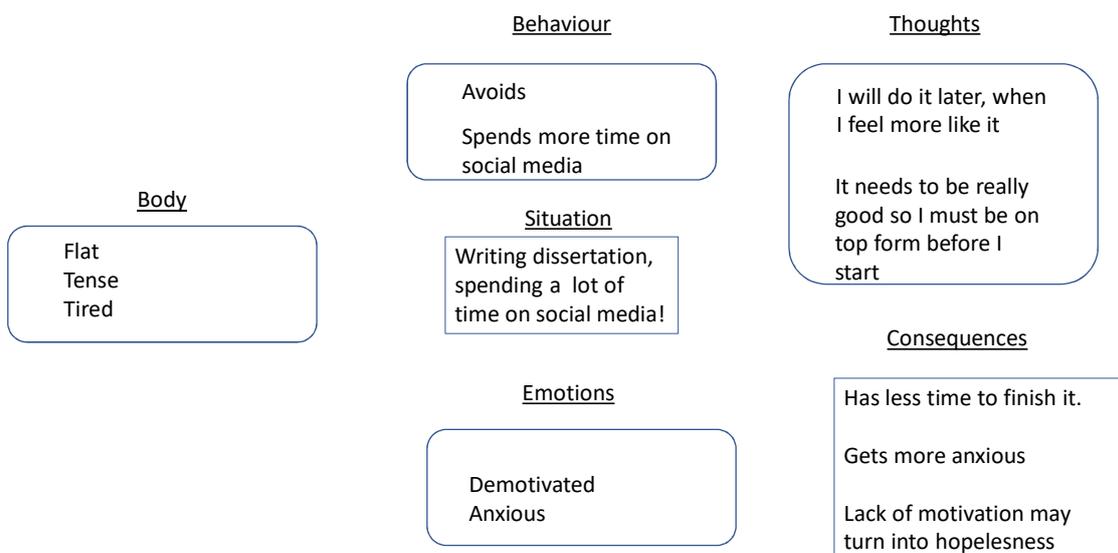
First step towards behaviour change using CBT –
understand the problem (formulation)



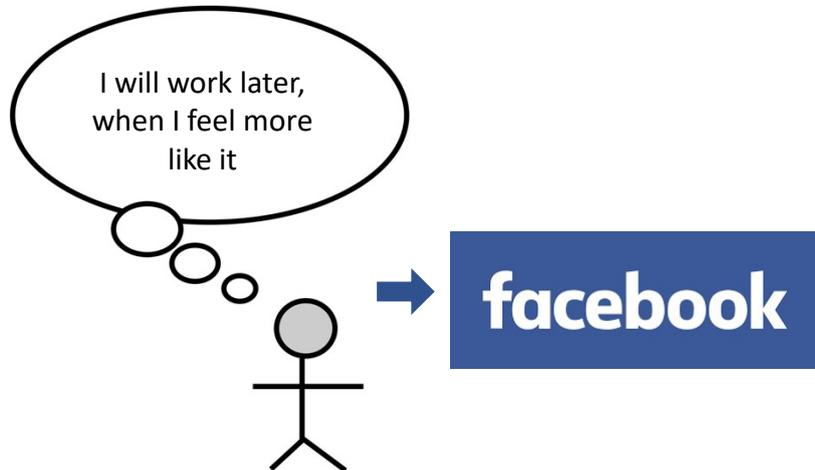
Let's now consider a case

- Jen wants to stop procrastinating so much.
- Let's see how CBT could help her.
- First lets understand her procrastination using a 5 part CBT model

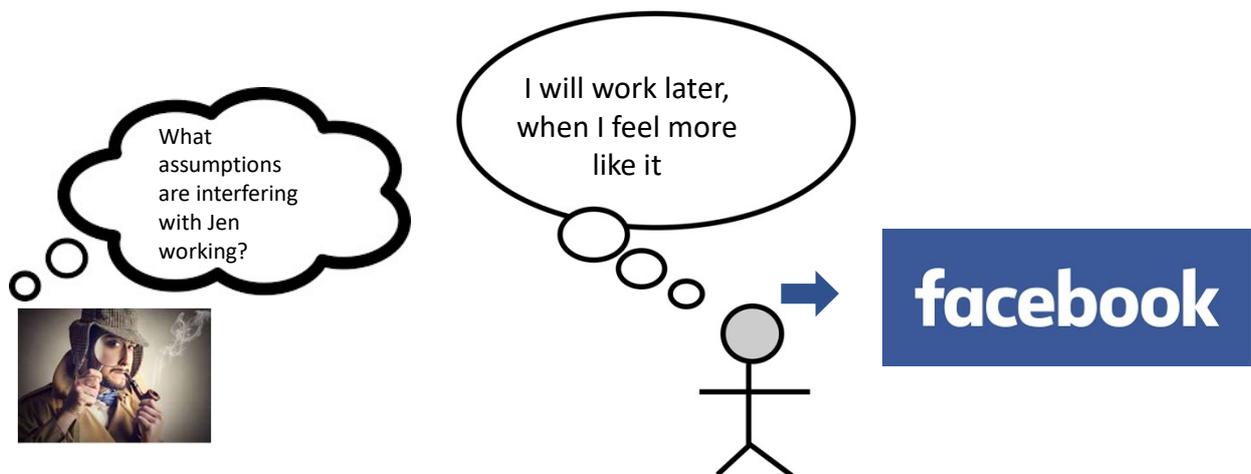
Jen's Procrastination: A CBT approach



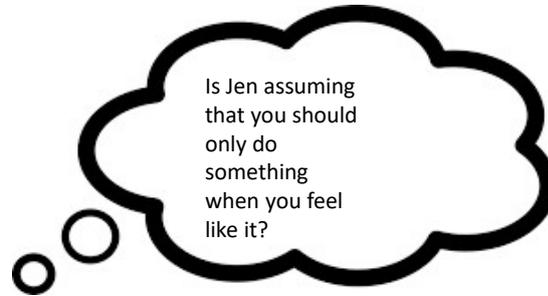
Overcoming procrastination using CBT



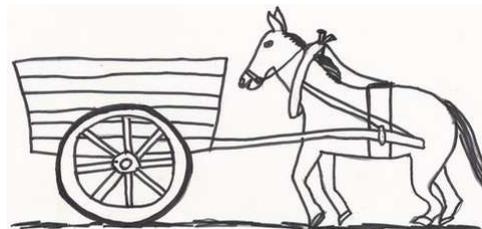
What's the Interfering Assumption?



Detecting Jen's interfering assumption

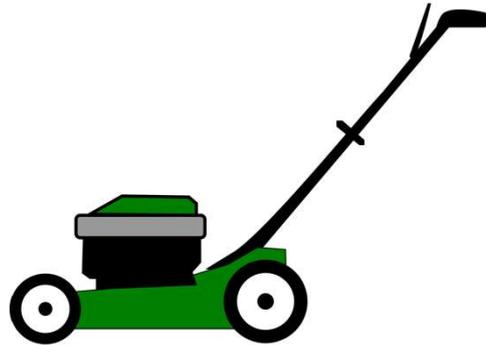


Action often comes before not after motivation



Cart before the horse, tardus.net public domain

The Lawnmower Story





TAKE BABY STEPS

Health behaviors are interconnected.

A small change in one area, like cutting down on tv time, triggers change in other areas, like diet.

A combination of small steps leads to big change: improved nutrition, greater activity, more motivation.

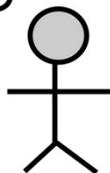
Two small behavior changes at a time, jump-started over a few weeks, are optimal.

Do two. Stick with them for six weeks, the amount of time needed to form a habit. Add two more.

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Back to Jen

It needs to be really good so I must be on top form before I start



What are Behavioural Experiments?

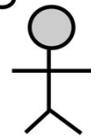
- In a Behavioural Experiment you put your beliefs to the test
- This can be very helpful, because faulty beliefs often need to be challenged to change behaviours.
- You adopt an attitude of curiosity like a detective or scientist



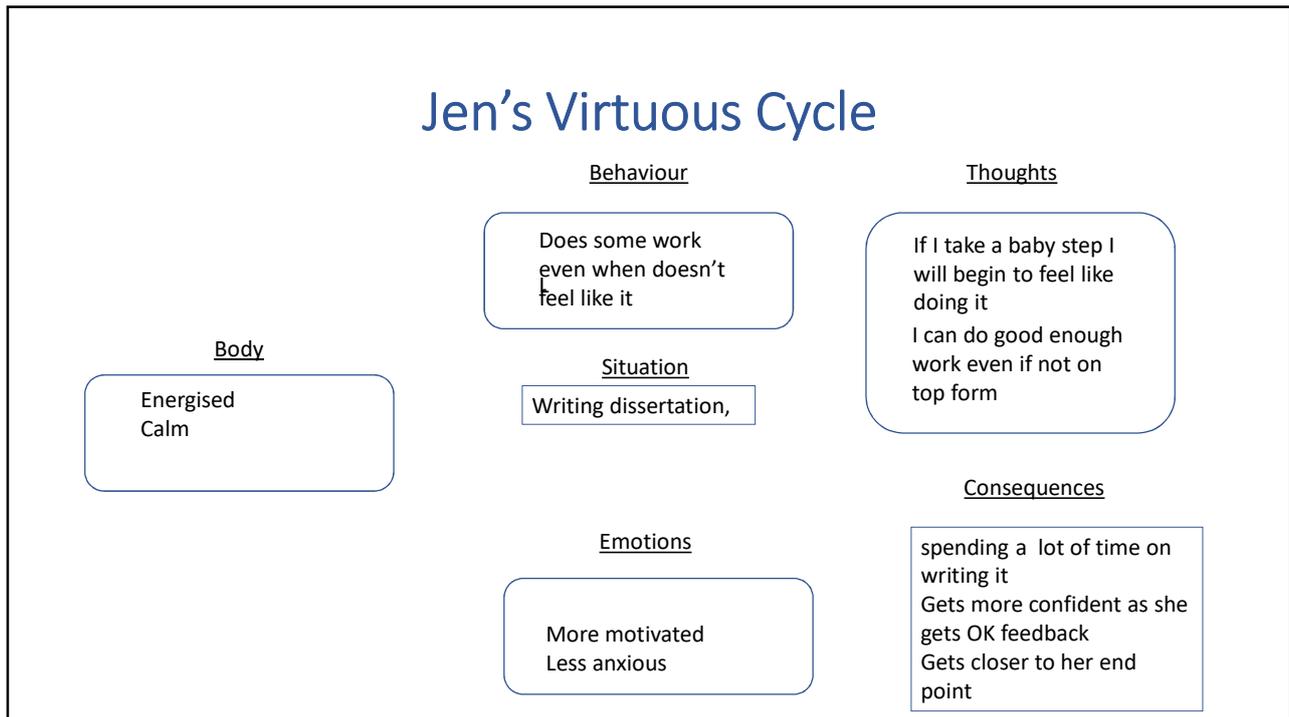
How to test Jen's Belief

- Every day for a week, rate out of 10 how good form she is in. Write something. Ask her supervisor for feedback.
- If this feels too daunting, she could see if the principle holds for other less daunting tasks – such as doing a Sudoku puzzle.
- In so doing she may well discover that it is good enough even if she is not on top form
- If she finds out she has to be on top form (unlikely but possible) then we would need to problem solve how she can be on top form.

It needs to be really good so I must be on top form before I start



Jen's Virtuous Cycle



Behavioural Experiments Video Module

This video takes a look at behavioural experiments and how they can help you. A behavioural experiment is when you get to identify and test out unhelpful beliefs.

This could be helpful if you suffer from: Depression, Worry, Anxiety and many other mental health issues

Length: 10:31



Behavioural Experiments

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Supporting documents for download:

[Behavioural Experiment Record Sheet – blank and Mia Example](#)

[Behavioural Experiments Video Module \(PDF of Presentation Slides\)](#)

<https://www.talkplus.org.uk/> (select video modules, then anxiety, then behavioural experiments) – free, registration required

What experiments might you try in these cases?

Problem	Assumption	Experiment
Losing weight	If I am hungry, I need to eat what's in the cupboard	
Drinking	If my friends are drinking, I need to as well	
Exercise	I can't do it unless I really feel like it	



Using CBT to Change your Behaviours

- Understand your vicious cycle
- Detect the assumptions interfering with your desired behaviour
- Consider pros and cons of adopting these interfering assumptions
- Find realistic and more helpful alternative assumptions
 - Don't assume motivation precedes action
 - Break steps down into baby steps
- Test out the alternative assumptions using behavioural experiments
 - See TalkPlus video more more on how to do this well
- Work towards a virtuous cycle
- You may sometimes have to work on other parts of the vicious cycle
- Automatic negative thoughts -> thought records, Body ->relaxation, sleep hygiene
- My tip is to focus on those pesky interfering assumptions

CBT Behaviour Change for Specific Disorders

- CBT researchers have developed models and treatment plans that can guide treatment for very many common problems including
- Depression,
- Worry,
- Obsessive Compulsive Disorder,
- Panic Attacks,
- Phobias,
- Hypochondria





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The Worry Tree Video Module

This video is about how to manage worry using a technique called The Worry Tree. It may help you to worry less and live more effectively.

This could be helpful if you are a worrier or someone who overthinks or overanalyses.

Length: 10:07



The Worry Tree

©TalkPlus 2017

Supporting documents for download:

- [Worry Tree Record](#)
- [Worry Tree Video Module \(PDF of Presentation Slides\)](#)

Related videos (watch STOP Technique first):

<https://www.talkplus.org.uk/> (select video modules, then anxiety, then worry tree) – free, registration required

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- 
RT @Hart_Volunteers: Come & join us in the Hart Shopping Centre this Friday - 19th Jan. We've got lots of fab organisations showcasing w...
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2 weeks

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10 minutes Q &A

- *Read on* – Chapter 9 of *Achieve Your Potential with Positive Psychology*
- *View on* – *TalkPlus Videos* <http://www.talkplus.org.uk>
- What do you like about CBT?
- Could CBT help with any of your desired behaviour changes?
- What doubts do you have?
- What practical questions do you have about using CBT?

- Email: change@timebon.com
- This presentation will be at <http://blog.timebon.com>

Plan for Today

- Introduction – types of behaviour change, your desired behaviour changes, Positive Psychology (20 mins)
- CBT & Behaviour Changes (40 mins)
- Q & A (10 mins)
- **Stoic Philosophy and Behaviour Changes (40 mins)**
- **Q & A (10 mins)**

Learning Outcomes How did we do?

- What is CBT? What is Stoicism?
- How can CBT & Stoicism help with behavioural changes?
- Could CBT or Stoicism help me with my desired behavioural changes?

Three Wishes



- A genie comes and offers you 3 behaviours you could change this year.
- What would you choose?
- Remember, it has to be something possible, and a behaviour of yours. The genie will make sure it happens.
- What would you choose?
- Which type of change would you make – new year resolutions, emotional or ethical?

STOIC PHILOSOPHY & BEHAVIOUR CHANGES

What Stoicism is Not

- Stoicism is not about having a “stiff upper lip”
 - Not about repressing emotions
 - Not about being passive or resigned
 - Not about being isolated
 - That is stoicism (small “s”) not Stoicism (big “s”)
- Fake News!
- STOP PRESS
 - What turns out to be the positive character trait found to be most associated with Stoicism?

Rank	CIVIC Positive Character Trait	Correlation with Stoicism
1	Zest	0.45
2	Gratitude	0.43
3	Persistence	0.42
4	Bravery	0.41
5	Emotional Awareness	0.40
6	Forgiveness	0.40
7	Kindness	0.38
8	Fairness	0.38
9	Perspective-Taking	0.38
10	Self-Control	0.38

STOIC PHILOSOPHY & BEHAVIOUR CHANGES

What Stoicism is

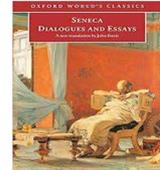
- Stoicism is about
 - Living as an excellent human being would – ethically, virtuously, like a virtuoso at living
 - Having rational judgements
 - Feeling the appropriate emotions given rational judgements about what matters most in life
 - Not just about facing up to adversity well, also “Stoic Joy” and zest



Meet the Roman Stoics

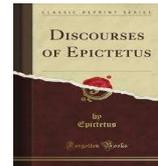
Seneca (4BC – 65 AD). Roman statesman, tutor to Nero, influential essayist

Letters, Essays (including on Anger & On the Shortness of Life)



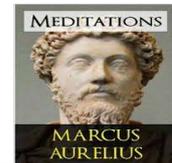
Epictetus (55AD-135) Roman slave, his instructive lectures were written up a student

Handbook (Enchiridion) & Discourses



Marcus Aurelius (121-180) Roman Emperor, his Meditations were his own personal journal

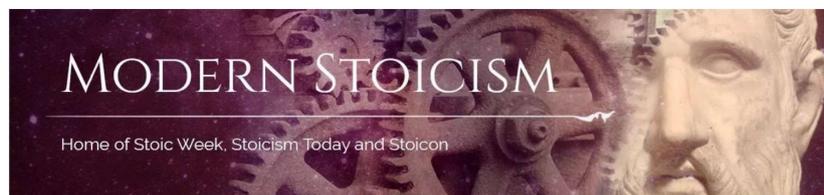
Meditations



Modern Stoicism

<http://www.modernstoicism.com>

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Stoic Week 2017 Report (part 2) by Tim Lebon

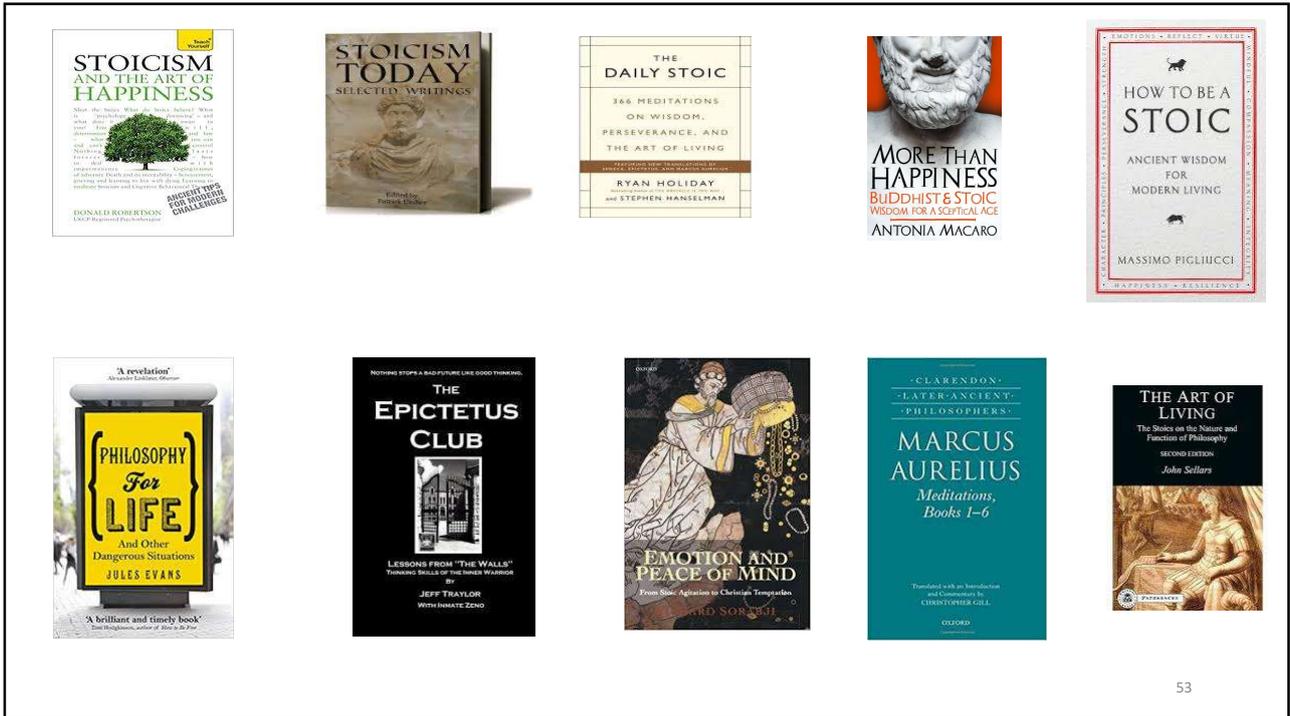


A strong positive relationship between Stoicism and well-being has been documented in [previous Stoic Week reports](#). This year the emphasis has

Donate

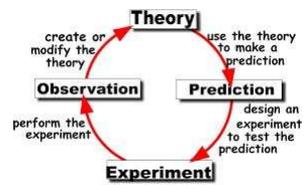


Please consider donating an amount of your choosing to help support Stoic Week. Thank you!



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THE EVIDENCE BASE FOR STOICISM



TWO BIG QUESTIONS

DO STOIC ATTITUDES AND BEHAVIOURS
HELP YOU BE HAPPIER AND FLOURISH
IN LIFE?

CAN STOIC PRACTICES ENHANCE
WELL-BEING?

STRONG POSITIVE ASSOCIATION BETWEEN
STOICISM & WELL-BEING (at start of Stoic Week)

	Flourishing	Emotions (SPANE)	Life Satisfaction (SWL)	Average well-being
STOIC ATTITUDES AND BEHAVIOURS	0.47 (.46)	0.43 (.42)	0.36 (.37)	0.48 (.42)

LARGE POSITIVE IMPACT ON BEING STOIC FOR EVEN JUST A WEEK - more if longer (and then it sticks)

	Stoic Week 2017
No of participants	2870
Increase in Flourishing	10%
Increase in Satisfaction with Life	14%
Increase in Positive Emotions	11%
Reduction in Negative Emotions	14%
Increase In Stoic Attitudes and Behaviours	9%



“Objective judgement, now, at this very moment. Unselfish action, now, at this very moment. Willing acceptance - now, at this very moment - of all external events. That's all you need.”



Marcus Aurelius

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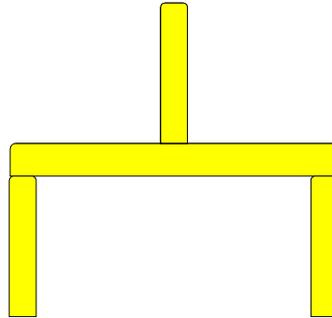
The Stoic Fork ^{v1}

Dichotomy of Control
Stoic Serenity

In life, what is and what isn't under my control?
In this situation, what aspects are under my control?

Under my control

(My judgements,
My actions,
My emotions)



Not under my control

(The past,
Other people,
My reputation,
Fate)

Take Action

Accept

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A personal example: Losing my wallet



- Going to conference in a few days
 - Wallet stolen
-
- How could Stoic Principle #1 help me?
 - Understanding that there are some things we can control and some things we can't
 - How could it help you with any of your behaviour changes?

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The Stoic Fork v2

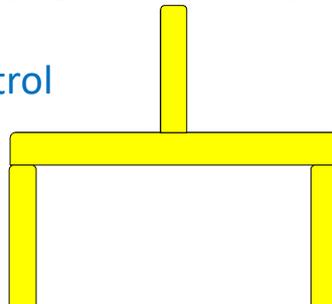
Stoic Mindfulness

Stoic Serenity : In life, what is and what isn't under my control?

Stoic Mindfulness : Paying constant attention to my judgements & making them more rational & ethical

Under my control

(My judgements,
My actions,
My emotions)



Take Action

Not under my control

(the past,
other people,
my reputation,
fate)

Accept

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What is Stoic Mindfulness?

- The SABS (Stoic Attitudes and Behaviour Scale) measures how Stoic you are.
- Items 23 and 24 give a good idea of what is meant by Stoic Mindfulness

SABS Item Number	SABS Item	Correlation Coefficients:	CIVIC character traits	Average well-being
23	I make an effort to pay continual attention to the nature of my judgments and actions.		0.44	0.28
24	When an upsetting thought enters my mind the first thing I do is remind myself it's just an impression in my mind and not the thing it claims to represent		0.43	0.37

- In our research it's turned out to be one of the key active ingredients in Stoicism.

How to Develop Stoic Mindfulness

- Not the same as Buddhist Mindfulness so need specific methods to develop it
- Morning Stoic Meditation
 - Aim being to cultivate a sense of being observed. Imagining your thoughts are public. Doing everything as if a wise teacher were watching (thank you Donald Robertson!)
 - Reflecting on the dichotomy of control
 - Using self-monitoring record sheet
 - Watching for early warning sign of emotions like anger
 - Reminding self of important Stoic principles perhaps using post-it notes or Stoic reminders or even illustrated quotations on your phone, tablet or PC
- Evening Stoic Meditation



“Say to yourself in the early morning: I shall meet today ungrateful, violent, treacherous, envious, uncharitable men. All of these things have come upon them through ignorance of real good and ill... I can neither be harmed by any of them, for no man will involve me in wrong, nor can I be angry with my kinsman or hate him; for we have come into the world to work together...”



Marcus Aurelius

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STOIC SELF-MONITORING RECORD SHEET

Use this sheet to record your thoughts, actions, and feelings in challenging situations. As soon as you notice troubling emotions or desires arising (called "passions" in Stoicism), pause and take a step back from the initial "impression" (or thought) underlying them. Then ask yourself whether the thing you're becoming upset about is actually under your control ("up to you") or not. Also try to record your actions, their consequences, and whether they were actually beneficial or not.

Date/Time <small>And briefly describe the situation.</small>	Feelings (Passions) <small>Include early-warning signs.</small>	Thoughts (Impressions) <small>Particularly those causing feelings.</small>	Control <small>Is this "up to you" or not?</small>	Actions <small>Were they beneficial?</small>
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Donald J. Robertson, *Teach Yourself Stoicism and the Art of Happiness* (2013)

"STOP DEBATING WHAT A GOOD PERSON SHOULD BE AND JUST BE ONE"



Marcus Aurelius



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“Some things are up to us, others are not.

Up to us are ...whatever is our own action.

Not up to us are ...whatever not our own action. [*body, property, reputation, job*]

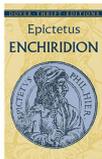


Epictetus

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“It isn’t events themselves that disturb people, but the judgements they make about them”

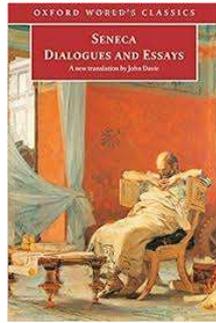


Epictetus



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Seneca on Anger



“The sword of justice is ill-placed in the hands of an angry man.” (Seneca)



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“Anger [is a] temporary madness: for it is equally devoid of self control, regardless of decorum, forgetful of kinship, obstinately engrossed in whatever it begins to do, deaf to reason and advice, excited by trifling causes, awkward at perceiving what is true and just.

No plague has cost the human race more dear”



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Some angry people ... have been benefited by looking at the glass: they have been struck by so great an alteration in their own appearance: they have been, as it were, brought into their own presence and have not recognized themselves: yet how small a part of the real hideousness of anger did that reflected veins become swollen, the breast will be shaken by quick breathing, their neck will be swelled as he roars forth his frantic talk



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THE GREATEST REMEDY FOR ANGER IS DELAY

“The greatest remedy for anger is delay: not in order that it may pardon the offence, but that it may form a right judgment about it”

“We may fly into a rage with innocent persons because we put the worst construction upon it. We ought, therefore, to plead the cause of the absent against ourselves, and to keep our anger in abeyance: for a punishment which has been postponed may yet be inflicted, but when once inflicted cannot be recalled.”

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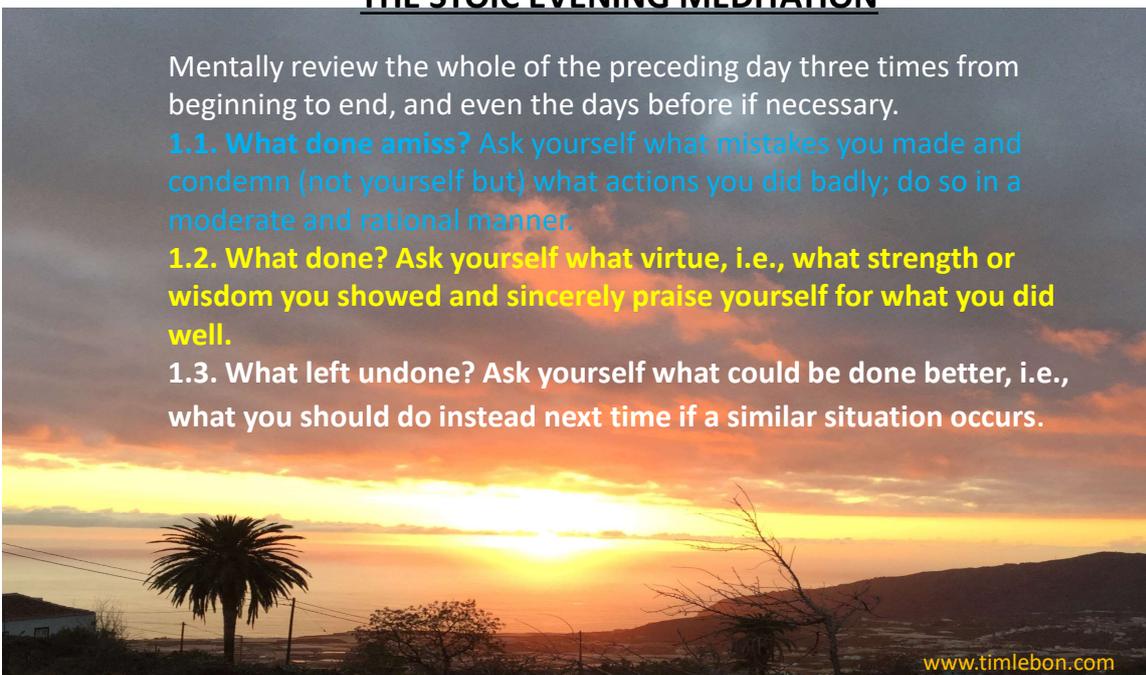
THE STOIC EVENING MEDITATION

Mentally review the whole of the preceding day three times from beginning to end, and even the days before if necessary.

1.1. What done amiss? Ask yourself what mistakes you made and condemn (not yourself but) what actions you did badly; do so in a moderate and rational manner.

1.2. What done? Ask yourself what virtue, i.e., what strength or wisdom you showed and sincerely praise yourself for what you did well.

1.3. What left undone? Ask yourself what could be done better, i.e., what you should do instead next time if a similar situation occurs.



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The Stoic Fork ^{v3}

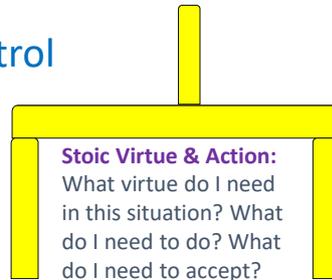
Stoic Virtue and Action

Stoic Serenity : In life, what is and what isn't under my control?

Stoic Mindfulness : Pay constant attention to my judgements & make them more rational & ethical

Under my control

(my judgements,
my actions,
my emotions)



Not under my control

(the past, other people,
my reputation, fate)

Take Action

using Stoic virtues of
wisdom, courage and
justice

Accept

using Stoic virtues of
wisdom & self-
control

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What are the Virtues?

- Wisdom (theoretical (*sophia*) and practical (*phronesis*))
- Justice (& love of humanity)
- Courage (& Persistence & Strength)
- Self-Control (& Moderation)

Virtue in Stoicism



Your Intentions matter more than the Outcome



The best way to approach life, the Stoics suggest, is to think of oneself as an archer who does his or her best to fire the arrow well but accepts that once it has flown it may be blown off course and miss the target. Our intentions are like preparing to fire the arrow, but the outcome of our actions, like hitting the target, is beyond our control and partly the result of external events.

Why do the Stoics think the Virtues are so Important?

- The Stoics argue that being virtuous mattered more than anything else – everything else was a “preferable indifferent” or “nice-to-have”). Virtue always trumps other values (such as feeling good)
- “Virtue [is] a skill or expertise in living or a knowledge of how to live properly. If you have this expertise, you will make proper use of all such experiences and of all ‘indifferents’ (preferable or not) but if you don’t have it you will not be able to use any of them properly. You will ‘foul up’ and make a mess of your life – including what seem to be the nice bits” (Chris Gill)
- See <http://modernstoicism.com/a-stoic-values-clarification-dialogue-and-workshop-by-christopher-gill-and-tim-lebon/>

How to be the Best Possible Version of Yourself (developing Moral Excellence) Behaviour Change Type 3

- We can improve **self-control** to overcome unhelpful desires by noticing early signs and postponing action when under the influence of strong emotions
- We can be more **just** by thinking about other parties involved
- We can gain **practical wisdom** by thinking of our past experience and asking what we would advise a friend to do in this situation or what a wise teacher would advise us
- We may need to summon up all our **courage** to implement the right action

Self-control

- Knowing how to act and feel well in situations arousing emotions such as desire, appetite, lust & blame

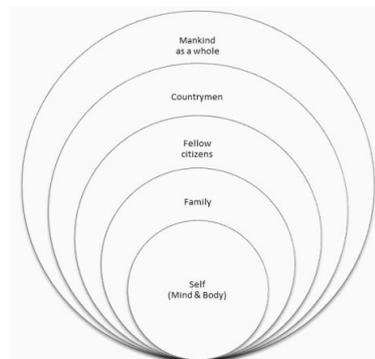


“He who is most powerful has power over himself”

Seneca

Justice and Love of Humanity

- Knowing how to act and feel well in our relationships with other people, at individual, family or communal level, knowing how to act generously and with positive benevolence, with friendship and affection.



Circles of Hierocles Meditation

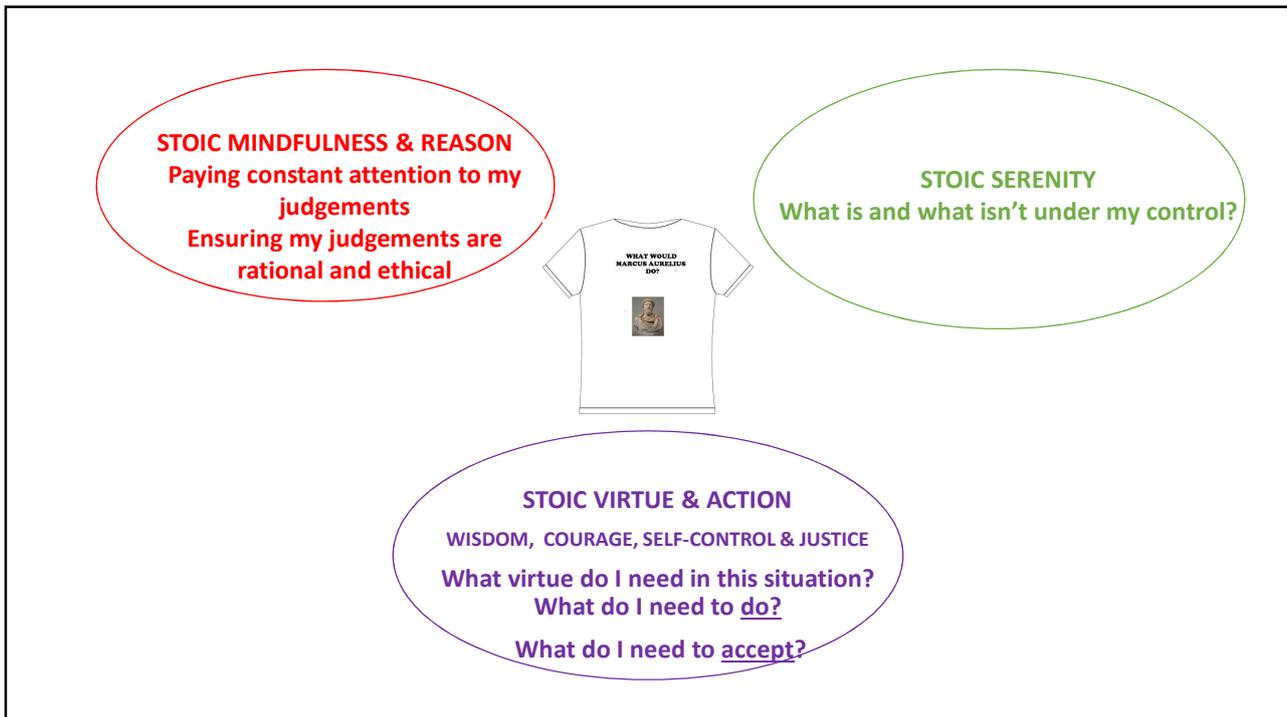
Courage, Strength & Persistence

- Knowing how to act and feel correctly in situations of danger, in facing things seen as fearful (above all, death and other 'disasters') or in the face of setbacks or discomfort.
 - At the time when we feel like giving up, we can train ourselves to become aware of the negative thoughts that make us feel that way. We can then remind ourselves
 - **"This thought is just an impression in my mind and not an objective fact like it claims to be."**
 - For example, if you are struggling to finish a piece of work and notice the thought "I can't do it" tell yourself
 - **"That is just a thought, not a fact."**

Practical Wisdom (Phronesis)

- Asking "What really matters here?" and then look for the option that a good and wise person would choose.
- Given the situation I find myself in, what would the Stoic sage, full of wisdom, self-control, courage, persistence, justice and love of humanity do?
- **"On every occasion when something happens to you, remember to turn to yourself to see what capacity you have for dealing with it. If you are attracted to a beautiful boy or woman, you will find that self-control is the capacity to use for that. If hardship befalls you, you will find endurance; if abuse, you will find patience. Make this your habit and you will not be carried away by impressions"**

Epictetus Enchiridion 10.



You can (usually) control your Emotions Most Type 2 Behaviour Changes

"It isn't events themselves that disturb people, but the judgements they make about them"
 Epictetus

www.timefor.com

- Emotions are the product of our judgements about what is good and bad in life.
- Change the judgements and you will change the emotions.
- If you are only concerned about your own character, which is under your control, then you need never be so disturbed by external events again

We can learn by looking at extreme examples of unStoic reactions



How could our Stoic advice be useful to Basil?

- Be mindful of what is and what is not under your control
- Accept that you can't directly control much except your own character
- Think about what the best possible version of yourself, someone who has the Stoic virtues, would do in this situation
- How would a Stoic have behaved in this situation?

Plan for Today

- Introduction – types of behaviour change, your desired behaviour changes, Positive Psychology (20 mins)
- CBT & Behaviour Change (40 mins)
- Q & A (10 mins)
- Stoic Philosophy and Behaviour Change (40 mins)
- Q & A (10 mins)

Learning Outcomes How did we do?

- What is CBT? What is Stoicism?
- How can CBT & Stoicism help with behavioural changes?
- Could CBT or Stoicism help me with my desired behavioural changes?

Three Wishes



- A genie comes and offers you 3 behaviours you could change this year.
- What would you choose?
- Remember, it has to be something possible, and a behaviour of yours. The genie will make sure it happens.
- What would you choose?
- Which type of change would you make – new year resolutions, emotional or ethical?

A Final Thought

“CBT is for emotional & behavioural problems

Stoicism is for life”

10 minutes Q &A

- Read on: Books on previous pages by Roman & Modern Stoics
- <http://www.modernstoicism.com> <http://blog.timebon.com>
- What do you like about Stoicism ?
- Could Stoicism help with any of your desired behaviour change?
- What doubts do you have? Practical questions?
- Is CBT or Stoicism better for certain types of change?
- New Year Resolutions?
- Emotional changes?
- Ethical changes?
- Which would you choose – CBT, Stoicism, Both or Neither?

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THANK YOU FOR BEING KIND ENOUGH TO INVITE ME TO
SHARE WITH YOU MY IDEAS ON CBT, STOICISM &
BEHAVIOUR CHANGE. I HOPE IT IS OF SOME HELP.

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Web: www.timlebon.com Twitter: [@timlebon](https://twitter.com/timlebon)

Tim LeBon



CBT
Psychotherapy

Philosophical Life Coaching
Supervision

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Books by Tim LeBon

Wise Therapy (Continuum, 2001)

Achieve Your Potential with Positive Psychology (Hodder, 2014)

