

Wise Therapy for Meaning & Purpose In Practice Tim LeBon



Who am I?

- In my private practice I practice CBT, psychotherapy and life coaching in which I also incorporate philosophical perspectives & positive psychology
- I also work part-time as a High Intensity CBT therapist in an IAPT Service treating people for anxiety and depression.
- I'm also an educator, teaching courses in Positive Psychology, Counselling, Personal Development and Practical Philosophy at City Lit, London and City University, London
- I am a founder member of *Modern Stoicism* team, a group of academics trying to make Stoicism better known and also assess whether it helps people
- I've written 2 books. *Wise Therapy* looks at how philosophy can help counsellors and therapists. *Achieve Your Potential with Positive Psychology* complements *Wise Therapy* - it outlines Positive Psychology and also looks at it with a philosophical eye.



Psychology without Philosophy?

“Social science unguided by ethical philosophy is a chicken without a head.... “ (Jules Evans)



Wise Therapy (2001)



- *Wise Therapy* explored philosophical ideas most relevant to therapy.
- What is the good life? What can be said about ethics, reason, and the emotions
- What should we say about meaning and purpose.
- This enabled me to develop a “Counsellor’s Philosophical Toolbox” providing practical methods drawn from the preceding theoretical discussion

I hope there were some useful ideas about the meaning and purpose, such as

- Philosophical analysis can help “show the fly the way out of the fly bottle” (Wittgenstein)
- For example, when the well-known Oxford moral philosopher R.M. Hare showed a Swiss student houseguest his way out of the fly bottle of feeling desponded after reading Camus’ *L’etranger* because “Nothing Mattered”
- The mistake of the Swiss student was to think that “mattering was something that things did, rather like chattering; as if the sentence ‘My wife matters to me’ were similar in logical function to the sentence ‘My wife chatters to me’.”
- Hare thinks that “Matters isn’t intended to describe something that things do, but to express our concern about what they do; so of course we can’t observe things mattering; but this doesn’t mean they don’t matter”.

Wise Therapy (2001)

- Viktor Frankl as the “go-to” thinker. At the time I found James Crumbaugh’s reworking of logotherapy as logoanalysis, emphasising the three areas of meaning – attitudes, creations and experiences – as particularly useful.
- How living ethically could help us live a live of meaning, and hence ethical wisdom is necessary
- How existentialists are right to see emotions as helping us detect potential meaning
- How clarifying and reflecting on values could help. A procedure RSVP was developed to facilitate this.
- Finally how sometimes we needed to decide wisely when faced with a dilemma in order to create a more meaningful path. Progress – Wise decision developed with colleagues David Arnaud and Antonia Macaro, could help here
- I hope these were of some value. But this was a long time ago – can we do better today? Let’s see.

Wise Therapy Project

- To find acceptable philosophical answers about key topics such as the good life, right and wrong , reason and the emotions and the meaning of life – and then to assess the implications for counselling and psychotherapy and to develop some methods from this understanding.
- Today
 - Philosophy of the meaning of life
 - Practical Implications
 - Drawing on developments since 2001, including Positive Psychology and the Psychology of Meaning
 - Practical – time-permitting actually do some philosophical life coaching together

Wise Therapy Philosophical Methods

1. Conceptual analysis

Searching for definitions and drawing distinctions

2. Critical thinking

Presuppositions of the client are examined and fallacies or inconsistencies detected in their thinking.

3. Thought experiments

An experiment you can do in your head, thinking of a possible scenario for the purpose of thinking through its implications

4. Importing philosophical ideas

This is a license to bring in whatever philosophical ideas you think relevant

5. RSVP

Values Clarification

6. Progress

Decision Making

Wise Therapy Philosophical Methods

1. Conceptual analysis

- What does meaning mean?
- What is the connection between meaning in life and the meaning of life ?
- Is there a difference between meaning and purpose?
- Subjective v Objecting meaning
- Good v bad meaning

2. Critical thinking

- Would life in a Godless universe be pointless ?
- Would a Purpose necessarily be good?
- Does death really prevent meaning?
- Is more meaning always a good thing
- What is the balance between meaning and other values

3. Thought Experiments

- **The experience machine (so meaning does matter)**
- **Monty Python Fish in restaurant tank**
- **It's a Wonderful Life – to bring out that we may have no sense of meaning but we have meaning. A**

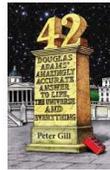
4. Importing Philosophical Ideas

- Existentialists – what is the human condition?
- Stoics – meaning and the virtues,
- Aristotle – need for practical wisdom
- (name your favourite philosopher of meaning)

It's a mistake to search for the one meaning of life



- Douglas Adams parodies the meaning of life question in *The Hitchhiker's Guide to the Galaxy* where after millions of years a computer gives this answer



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Implication

Searching for the one true meaning of life could be bad for your health

- Mike Steger – high search for meaning actually associated with lower well-being
- Probably because it leads to worry and rumination
- We know from mental health research that worry and rumination are strongly linked to anxiety and depression.



Frankl's chess analogy



- Viktor Frankl compares the question to asking a grandmaster for the one best move for all positions in chess.



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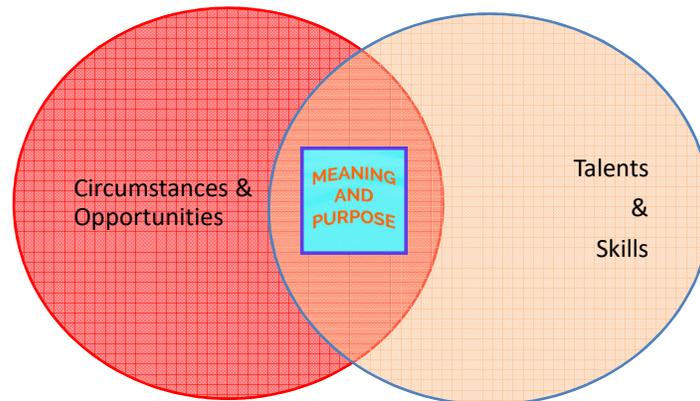
But there is meaning to be found in your life

- Frankl believes that there is *a* meaning to be found in every life
- Meaning depends on the person and their life circumstances and talents and opportunities.
- Your life possesses its own unique potential meaning and that it is your job to *detect* this potential meaning and live it .
- Seeing this as a Venn Diagram may make it clearer

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Viktor Frankl's Theory of Meaning

Taking opportunities to use your talents given your circumstances creates meaning & purpose



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IVAN NOBLE



When British Broadcasting Corp. journalist **Ivan Noble** was diagnosed with a malignant brain tumor in 2002, he decided to chronicle his battle with cancer in an online journal.

Noble's "tumor diary," which **ran** for three years on the BBC News Website, featured stories about his radiotherapy, chemotherapy and brain surgeries. He wrote more than 60 entries in order to demystify the disease and to fight the powerlessness he felt. **Thousands** of people from all over the world read Noble's diary on the Web and sent him encouraging **feedback**. He once said their words helped keep him alive. Noble experienced two periods of remission, but the tumor returned late last year.

Born in Leeds, England, Noble **studied** German at the University of Aston in Birmingham. He spent two years working as a translator in East Germany before joining the BBC. Prior to becoming the news Website's science and technology correspondent, Noble worked as a sub-editor in Nairobi and trained other reporters in online journalism techniques.

Noble **died** on Feb. 1 at the age of 37. He is survived by his **wife** and two young children. Noble's final column, written last year in anticipation of being too ill to work, was posted on Sunday. A collection of his diary entries will be published in book form later this year with all proceeds going to charity.

"What I wanted to do with this column was try to prove that it was possible to survive and beat cancer and not to be crushed by it," Noble wrote. "Even though I have to take my leave now, I feel like I managed it. I have not been defeated."

• [Read Noble's Tumor Diary](#)

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Exercise

- Given your situation today, your talents, skills name 3 things you could do that would be meaningful today
- Talk to the person next to you and come up with 3 each.

Using Frankl's Venn Diagram
Meaningful things today
Your Ideas!



Effective Altruism

[About](#) [Blog](#) [Donate Effectively](#) [Resources](#) [Grants](#) [Get Involved](#)

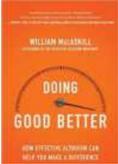
Taking action

If you're inspired by the idea of effective altruism there are many ways you can take action.

- Take a [10% giving pledge](#)
- Donate to [highly effective charities](#)
- [Find a fulfilling career that does good](#)
- [Attend an effective altruism conference](#)
- Find your local [meet-up group](#)

Further Reading

If you want to read about effective altruism in more depth, there are some books you should take a look at:



Doing Good Better [↗](#)

Effective altruism and how you can make a difference

— William McAskill

www.effectivealtruism.org

Introduction

Your opportunity

Which cause?

Which career?

Which charity?

Getting involved

Further Reading

Feedback

Is life really meaningless without God?



- <https://www.youtube.com/watch?v=wIWZFXLpXSA>
- Is life meaningful for the fish in the restaurant just because they have a purpose?
- Something or someone having created us for a purpose might not be such a good thing for us
- Implication : Be cautious about equating a clear purpose with something having a positive meaning

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Good Meaning vs. Bad Meaning

- Osama Bin Laden almost certainly had purpose and meaning
- So could a bank robber or gangster



Good Meaning vs. Bad Meaning Practical Application

- Don't assume that just because something gives you a greater sense of purpose or meaning that it is necessarily good
- In addition, ask
 - Does it do other people good?
 - If I were in their position, would I want to be treated this way?
 - Is it fair?
 - Is it ethically the right thing to do?



Big Meaning OR little meaning

- Some things can appear meaningful but aren't really in the context of a whole life
- We can easily confuse being engaged in an activity, finding it pleasurable with leading a meaningful life
- My playing Bridge example
- At the time – great
- Looking back on day – not so great
- Looking back on life – not at all great



Big Meaning OR little meaning

In Practice

- The Groundhog Day Thought Experiment (with apologies to Nietzsche)
- If you were to live the same day over and over again, what would you want to do in it?
- Where would you want to be?
- Who would you want to be with?
- What would you not do?



What does this say about how you should live your life now?

Does Death Destroy Meaning? (Tolstoy / OZYMANDIAS (SHELLEY))

I met a traveller from an antique land
 Who said: Two vast and trunkless legs of stone
 Stand in the desert. Near them on the sand,
 Half sunk, a shatter'd visage lies, whose frown
 And wrinkled lip and sneer of cold command
 Tell that its sculptor well those passions read
 Which yet survive, stamp'd on these lifeless things,
 The hand that mock'd them and the heart that fed.
 And on the pedestal these words appear:
 "My name is Ozymandias, king of kings:
 Look on my works, ye Mighty, and despair!"
 Nothing beside remains: round the decay
 Of that colossal wreck, boundless and bare,
 The lone and level sands stretch far away.

- Why does something have to be permanent to be of value?
- If a child is tortured for just 20 minutes does that mean it doesn't matter, because it wasn't permanent?

Implication of mortality

- Carpe Diem Seize the Day!

Robin Williams in Dead Poet Society



- <https://www.youtube.com/watch?v=Z9EjOCyyCWg>

Exercise 6 months to live

- If you had just six months of (healthy) living left, what would you do?
- Who would you spend it with?
- What would you do less of?

- What does this say about what would give your life more meaning?

Robert Nozick's Experience Machine Thought Experiment



Imagine an experience machine that could give you whatever desirable or pleasurable experiences that you could possibly want.

Scientists have worked out how to stimulate a person's brains in order to induce pleasurable experiences.

You would not be able to tell that these experiences were not real.

Would you choose the machine over real life?



Would you choose The Experience Machine over real life?



- Many say “No”, because
 - we want to do things not just experience them
 - We want to be a certain sort of person
 - We want to make a real difference

Practical Implications

- We wouldn't choose a life of no meaning.

Meaning matters

- Actual meaning matters to us, not just our sense of meaning

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Meaning Spotting with Viktor Frankl

- One of Frankl's patients, a mother, had attempted suicide after one of her two children died. Left only with a crippled elder child, she felt completely hopeless. Frankl asked her to fast forward to the end of her life and imagine the difference that her staying alive would make to the world. She replied: '[My crippled son] would have been sent to an institution if I had not taken over his care ... I have made a better human being out of my son... I have done my best – I have done the best for my son. My life was no failure!' (p. 119). Looking beyond her present sense of despair, to the future, gave this woman back her sense of meaning.

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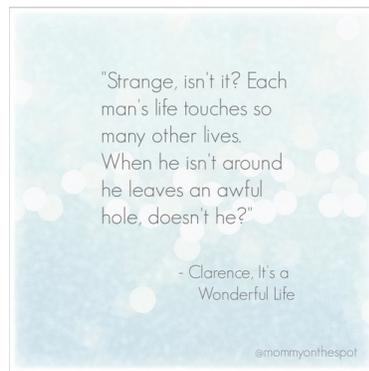
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It's a Wonderful Life Thought Experiment



What good things wouldn't have happened if you had never lived?



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Notice meaning: Don't underestimate the significance of your life

- What would your best friend say about your importance to them?
- What seeds might you have sown that haven't yet grown into mighty oaks, but might do?
- Extra tip: Show appreciation to help other people realise their meaning

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The Meaning Machine



- Plug into it and your life really will have a lot of meaning, you will feel its significant. But you wont feel happy and your personal relationships – partners, children will be pretty dire too. Would you choose this?
- If you think twice, this might suggest that although meaning matters, other values matter too.

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Implication

Find the right balance of values

- PERMA theory (Seligman, 2011)
- Positive Emotions
- Engagement (flow)
- Relationships
- Meaning and Purpose
- Achievement & Accomplishment
 - Too little meaning -> the meaningless life
 - Can you have too much meaning?
 - Are there situations where the wise person sacrifices some personal meaning for other concerns?
 - Aristotle's *practical wisdom* required to get the right balance



The need for wisdom



SOCRATES

SATISFIED

Finding wisdom, happiness and meaning using philosophy and psychology

- Moral wisdom –good meaning not bad meaning
- Practical wisdom (*phronesis*) – what matters in this situation and how to satisfy it
- Wisdom as balance (Sternberg) Balance of meaning and other values (PERMA) – what is the wise balance?

Does Meaning & Transcendence need Wisdom?

- Philosopher Jules Evans' recent book *The Art of Losing Control* also has much to say about this issue in the context of ecstatic experiences
- “[Spiritual Experiences] can reveal pearls of wisdom, healing and power. But it can also reveal a lot of nonsense. We need to find a middle ground between the uncritical embrace of such experiences as perfect revelations, and the complete rejection of them as mental pathology”



The need for all the virtues in order to live a meaningful life

- Courage – to do what is meaningful in the face of danger or adversity
- Self-Control – to do what is meaningful in the face of temptation or emotional disturbances
- Justice & Humanity – to do what is meaningful in the face of our inclination to favour ourselves and those we like or are close to

Stoicism and Meaning

- <http://modernstoicism.com/features-stoicism-logotherapy/>
- Living like a Stoic for a week 15% increase in meaning (highest increase in flourishing scale items) – repeated over several years
24% for people who completed the longer SMRT course
“I lead a purposeful and meaningful life. (4.5 / 5.6) [Difference: 1.1 or 24%]

19th May 2014 and ran for four weeks. Just over 500 people took part in the course, which involved reading lessons, listening to audio recordings, practising daily meditation techniques, and online discussion of concepts derived from ancient Stoic literature. Completion rate was 31%. Improvements were found on the Satisfaction with Life Scale (27%).



Do we agree that philosophy could be helpful?

So let's complicate it a bit Don't do philosophy *without*
Psychology

“Philosophy ungrounded in social science is a
brain in a vat.” Jules Evans



- “We [social scientists] think of theories as rather like bedtime stories: they may be true or they may not be. Mostly they are not, it turns out. So the first thing you have to do with a theory is test it; see if you can get any good evidence for it.” David M. Clark



So what does Wise Therapy need?

Wise therapy needs to be informed by philosophy and psychology.

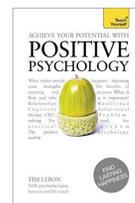
In philosophy as we have seen we do conceptual analysis, critical thinking and ethics and draw on philosophers' ideas.

In psychology we create taxonomies and models and create operational definitions, test out our models. Clinically, we produce protocols and test them out and refine them

Wise therapy, I want to suggest, combines the two.

We listen to philosophy when as psychologists we create our models. We consider incorporating philosophical ideas in our protocols

Then its down to psychology to test them out and refine them



Random Acts of Kindness Study

(Lyubomirsky study, 2005 – see *The How of Happiness*)

- A study asked students to perform five acts of kindness per week over the course of 6 weeks
- 2 conditions: the five acts had to be done either within a single day or across the week
- Happiness levels increased only when done in a single day
- The moral is: armchair theories may not be quite as fictional as “bedtime stories” but we do need to test them out!

Frankl's 3 ways to find meaning: ACE



“As early as 1929 I had developed the concept of three groups of values, or three possible ways to find meaning in life - even up to the last moment, the last breath. The three possibilities are

- 1) A deed we do, a work we **create**
- 2) An **experience**, a human encounter, a love
- 3) When confronted with an unchangeable fate (such as an incurable disease), a change of **attitude** toward that fate. In which cases we can still wrest meaning from life by giving testimony to the most human of all human capacities: the ability to turn suffering into human triumph.”

VIKTOR FRANKL *Recollections*, page 64.



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A Frankl-inspired thought experiment



- In your mind, fast forward to the end of your life. From the perspective of your 'rocking chair', look back and reflect on the meaning that your life *between now and your death* possesses, conjure up
- How your attitude, for example to difficulties, might give your life a nobility and meaning.
- Acts of creation you might carry out (including the difference you make to other people)
- Experiences you might have

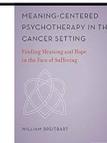
Topics, sample content, and sample experiential exercises within the 8 sessions of meaning-centered group psychotherapy⁸

General topic	Sample content and experiential exercises
Session 1 Concepts and sources of meaning	Introductions of group members; <i>"List 1 or 2 experiences or moments when life has felt particularly meaningful to you..."</i>
Session 2 Cancer and meaning	Identity before and after cancer diagnosis; <i>"Write down 4 answers to the question, 'Who am I?' ... and How has cancer affected your answers ...?"</i>
Session 3 Historical sources of meaning (past legacy)	Life as a legacy that has been given (past); <i>"When you look back on your life and upbringing, what are the most significant memories, relationships, traditions and so on that have made the greatest impact on who you are today ...?"</i>
Session 4 Historical sources of meaning (present and future legacy)	Life as a legacy one lives (present) and gives (future); <i>"As you reflect upon who you are today, what are the meaningful activities, roles, or accomplishments that you are most proud of ...?"</i>
Session 5 Attitudinal sources of meaning: encountering life's limitations	Confronting limitations imposed by cancer, prognosis and death, introduction of legacy project; <i>"What would you consider a 'good' or 'meaningful' death ...?"</i>
Session 6 Creative sources of meaning: engaging in life fully	Creativity, courage, and responsibility; <i>"What are your responsibilities? What are you responsible to and for ...?"</i>
Session 7 Experiential sources of meaning: connecting with life	Love, nature, art and humor; <i>"List three ways in which you 'connect with life' and feel most alive through the experiential sources of love, beauty, and humor ..."</i>
Session 8 Transitions: reflections and hopes for the future	Review of sources of meaning, reflections on lessons learned in the group; <i>"Do you feel like you have a better understanding of the sources of meaning in life and are you able to use them in your daily life? If so, how ...?"</i>

⁸Adapted from Breitbart & Applebaum, 2011, Meaning-Centered Group Psychotherapy as described in the Handbook of Psychotherapy in Cancer Care [2].

Source: [Lori P. Montross Thomas](#), [Emily A. Meier](#), and [Scott A. Irwin](#)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4861219/>

Meaning-centred Psychotherapy



- Breitbart's meaning-centred psychotherapy has been tested in both group and individual therapy formats among patients with advanced cancer
- Promising results. Higher spiritual well-being and reduced desire for death though not reduced depression at end of tests and after follow-up
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4861219/>

Develop a Meaning Mindset (Paul Wong)

- Do you?
 - Sacrifice personal interest for meaning & purpose
 - Prioritise Meaning and Purpose over other objectives
 - Find something meaningful in everyday events and even bad things
 - Believe that life is ultimately meaningful

- *The Meaning Mindset is a good approach to the A of ACE (attitude)*

WIST taxonomy: Dimensions of personal meaning

A Consensual Taxonomy of Life Meaning

Ebersole (1998)	Emmons (1999)	Wong (1998)
Life narratives	Personal strivings	Personal meaning profile
Life work	Achievement	Achievement
Relationships	Intimacy	Relationship
Religious beliefs	Religion/spirituality	Religion
Service	Generativity	Self-transcendence

108 ROBERT A. EMMONS

“Clinicians might routinely assess a client’s level of satisfaction with WIST, design interventions to assist clients in developing sources of fulfillment within these broad life domains, and offer motivational restructuring emphasizing these domains when lives are lacking in meaningful pursuits.” (Emmons. 2003)

Robert Emmons' WIST Dimensions



- Emmons empirical research suggests 4 types of values make for more meaningful lives and are associated with enhanced well-being
 - W – meaningful work & achievement – commitment to it , believing in it
 - I - intimate relationships (friendships & romantic) – relating well to others, trusting, helpful
 - S – spirituality & religion – personal and in a community
 - T – transcendence – going beyond own narrow interests, transcending the self

Emmons says this could provide a “taxonomy of personal meaning dimensions”
People who described their lives as living according to these values in general flourished more than those who focussed on money, status and power.

http://www.psychology.hku.hk/ftbcstudies/refbase/docs/emmons/2003/53_Emmmons2003.pdf (PERSONAL GOALS, LIFE MEANING, AND VIRTUE: WELLSPRINGS OF A POSITIVE LIFE)

WIST

Work
Intimacy
Spirituality
Transcendence

WIST

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WIST: Meaningful Work



ONEWORLD EDUCATION UK
PROMOTING GLOBAL CITIZENSHIP

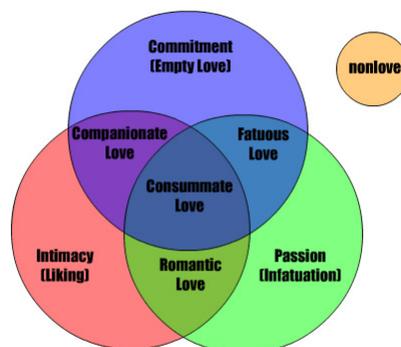
- Roger Ebert – finding meaning through using his talent for English, his circumstances in USA in 1970s ..opportunities at Chicago Sunday Times. TV and internet. See diagram next page
- Ken – mid-life crisis
 - Family, current job
 - Using strengths (persistence and determination)
 - Flexible thinking
 - Understanding what mattered (not shifting occupation so much as doing something meaningful and that offered some recognition)
- Danny – life changes – limit situation, brush with death
 - Processing and learning from emotions
 - Understanding what matters from emotions and thought experiments
 - Finding an option that satisfies most of what matters
 - Coming to terms with uncertainty, wisely (neither ruminating, avoiding, worrying or jumping in without *phronesis*)

Meaningful Relationships

- Positive Psychology has many ideas about how to improve relationships
 - Active and Constructive Responding
 - Good active listening skills
 - Developing empathy
 - Learn about and appreciate their strengths
 - Prioritising relationships
 - Creating shared meanings & rituals

- All of these can be useful, but perhaps the most useful when thinking of meaningful romantic relationships is

Sternberg's Triangular Theory of Love



Items in [] indicate type of love when other components are absent.
A relationship without any of the 3 components is nonlove.

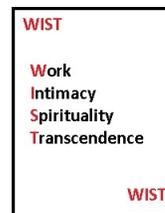
GraphJam.com

Combining Frankl's ACE & Emmons' WIST Frameworks

WIST Emmons, Wong, Ebersole	Work	Intimacy & Relationships	Spirituality	Transcendence
ACE Frankl, Crumbaugh, Breitbart				
Attitudes				
Creations				
Experiences				



X



Positive Psychology

- Meaning part of both Seligman's original Authentic Happiness theory and his more recent PERMA theory

Authentic Happiness Theory



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Introducing a New Theory of Well-Being



Positive Psychology

- Meaning and Transcendence one set of virtues in the VIA

VIA Classification of Character Strengths and Virtues *The Character Strengths of a Flourishing Life*



Positive Psychology

- Many evidence-based interventions have been developed
 - Three Good Things
 - Random Acts of Kindness
 - Savouring
 - Activity Monitoring and Planning
 - Best Possible Self
 - Mental Contrasting
 - Goal Setting
 - Using your strengths
 - Expressive writing
 - Active Constructing Responding
 - How to cultivate virtues
 - How to build habits



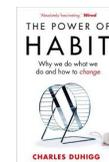
Tailor the Positive Psychology tips to make them more likely to lead to meaning



- Three Good Things -> 3 things in the last 24 hours where you felt you had made the world a better place, if only in a small way or felt a sense of purpose
- Random Acts of Kindness -> Do some acts of kindness that have a big impact
- Best Possible Self -> where you are experiencing meaning (ACE/WIST)
- Savouring -> particularly when you felt a sense of awe (awe expedition)
- Activity monitoring and planning -> monitor meaning as well
- Goal Setting and attaining -> consider WIST as areas for goals
- Using strengths – use strengths in the service of meaning

Creating Meaning habits

- Keystone habits – practices that lay the foundation for a life of meaning
- Tiny Habits – things that take less than 30 seconds and take almost no willpower <http://www.tinyhabits.com/>
- Positive Reinforcement – rewarding yourself after doing something meaningful to establish a habit



Exercise:

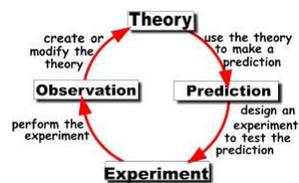
Think of 3 tiny habits that could lead to more meaning in your life

Don't Assume lack of meaning is always the cause rather than a symptom

- I'm very enthusiastic about developing more evidence-based tools to enhance meaning
- However, we need to be careful
- I have seen many people have meaning enhanced by therapy in my NHS work
- GAD – getting out of their head and into their life “you cant plough a field by turning it over in your mind”
- Depression – become more active and start to experience and create more meaning
- OCD – people stop torturing themselves and others with compulsions and start to do things that are Meaningful rather than obsessively meaningful
- PTSD & panic – living a less restricted life, able to live meaningfully
- We shouldn't always turn to a meaning-centred therapy just because we observe a lack of meaning.

MODERN STOICISM

Home of Stoic Week, Stoicism Today and Stoicon



STOICISM: SUGGESTED EXERCISES

Try one or more of these

Stoic Mindfulness, noticing the thoughts and judgements that arise in your mind, and learning to give less weight to those concerning things outside our control. In addition, we should be more mindful of what is in our control and in particular in any situation what the best version of ourselves (someone with the virtues) would do.

Stoic Self-Monitoring Sheet, helping to cultivate an awareness of what is and what is not in our power.

An **Early Morning Meditation**, focussing on a Stoic principle such as “focussing only on things under our control”, or “rehearsing dealing with possible challenges in the day ahead in the way that the best version of ourselves would”.

A **Late Evening Meditation**, reviewing the day in terms of how well one has dealt with challenges, learning what one has done well but also cultivating the intention to do better the next day. Doing so with self-compassion.

Taking a leaf out of Modern Stoicism’s book

- Meaning Week?
- Create a programme for public to follow in a week
- Create an e-course for people to follow in 2 months
- Take measures
- Promote meaning
- A meaning movement



- Meaning could be more relevant in the near future than ever. We live in a world of change of automation, intelligent androids and virtual reality that will be indistinguishable from actual reality
- When asked about how we could cope, Elon Musk, who knows a thing or two about this, he pointed to meaning as being one of the biggest problems we face.
- “I think universal basic income will be necessary but the much harder challenge is: How will people then have meaning? A lot of people derive meaning from their employment. If you’re not needed, what is the meaning? Do you feel useless? That is a much harder problem to deal with?

Thank you

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Books by Tim LeBon

Wise Therapy (Continuum, 2001)
Achieve Your Potential with Positive Psychology (Hodder, 2014)

