*Complete the notes below.*

*Write **ONE WORD ONLY** for each answer.*

# Stoicism

Stoicism is still relevant today because of its **31** ..... appeal.

**Ancient Stoics**

- Stoicism was founded over 2,000 years ago in Greece.
- The Stoics' ideas are surprisingly well known, despite not being intended for **32** ..... .

**Stoic principles**

- Happiness could be achieved by leading a virtuous life.
- Controlling emotions was essential.
- Epictetus said that external events cannot be controlled but the **33** ..... people make in response can be controlled.
- A Stoic is someone who has a different view on experiences which others would consider as **34** ..... .

**The influence of Stoicism**

- George Washington organised a **35** ..... about Cato to motivate his men.
- The French artist Delacroix was a Stoic.
- Adam Smith's ideas on **36** ..... were influenced by Stoicism.
- Some of today's political leaders are inspired by the Stoics.
- Cognitive Behaviour Therapy (CBT)
  – the treatment for **37** ..... is based on ideas from Stoicism
  – people learn to base their thinking on **38** ..... .
- In business, people benefit from Stoicism by identifying obstacles as **39** ..... .

**Relevance of Stoicism**

- It requires a lot of **40** ..... but Stoicism can help people to lead a good life.
- It teaches people that having a strong character is more important than anything else.

LIVEWORKSHEETS