

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.