

## Report on Exeter University “Stoic week”

Tim LeBon

This document provides a report on the findings of Stoic week derived from an analysis of the four surveys used<sup>1</sup>. Not everyone will have the time to read it all, so I’ve started with an informal “10 Things we know now as a result of Exeter Stoic week that we didn’t know before” section which includes links to more detailed exposition and discussion of the results. The appendices contain the data, including a lot of useful feedback on the booklet, website, exercises and recommendations for future research.

For those with a very short amount of time for this, a one sentence management summary of the findings is

**Extremely promising, interesting results, much scope for further , more focussed research**

***N.B. Please read the [limitations of the research](#) section before quoting from this report. Although the findings are very promising, further research is required before more definitive conclusions can be drawn.***

### **10 Things we know now as a result of Exeter Stoic week that we didn’t know before**

- 1) Participating in Stoic week led to approximately a [10% increase](#) on a number of well-validated and widely used measures of well-being. (see section 1: [The Well-Being Surveys](#) and [Appendix A](#))
- 2) Participants felt both that the one week had [increased their knowledge](#) of Stoicism considerably and also expressed a [thirst for more knowledge](#) about Stoicism (See Appendix C, questions [14](#) and [17](#))
- 3) Some Stoic exercises are much more popular and perceived as much more useful than others (See [analysis](#) ; [summary of exercises](#) ,Appendix B and full results, Appendix C [questions 8 -11](#))
- 4) Stoicism (as experienced in Stoic week) appears to be much [more effective at reducing distress](#) than it does at facilitating positive emotions. See [discussion of survey results](#) and [Appendix A](#)
- 5) Stoicism (as experienced in Stoic week) appears to help with [some aspects of life satisfaction](#) more than others. See [discussion of survey results](#) and [Appendix A](#)
- 6) Stoicism (as experienced in Stoic week) appears to help with [some aspects of flourishing](#) more than others. See [discussion of survey results](#) and Appendix A
- 7) Stoicism (as experienced in Stoic week) appears to help with [reducing some negative emotions](#) more than others. See [discussion of survey results](#) and [Appendix A](#)
- 8) Many participants perceived that Stoic week had helped them [roughly equally](#) with various areas of their lives including relationships, becoming a better person and becoming wiser. (See [Appendix C, question 14](#))
- 9) The detailed “Overall Experience of Stoic week” questionnaire provides us with participants’ experiences of a whole range of topics including :

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<sup>1</sup> 3 well-being questionnaires taken twice and one overall experience survey taken once

- a. Demographics (see [Appendix C, questions 1-3](#)),
  - b. Satisfaction with Stoic week (see [this section](#) and a many questions in [Appendix C](#))
  - c. Use of social media (see [AppendixCQ12SocialMedia](#)),
  - d. How participants would like to take their own experience forward (see [AppendixCQ16TakeForward](#))
  - e. Feedback on the booklet (see [AppendixCQ1819Booklet](#) and the website (see [AppendixCQ2122WebSite](#))
- 10) Whilst there are significant [Limitations](#) in the methodology and scope the of research so far, there is reason to think that further more focused research would be worthwhile. (see the [Limitations](#) section and scope for [further research](#) sections below)

## Discussion

This section discusses some of the main findings of the surveys in more detail.

These results were derived by analysis the answers of the 42 participants who completed all 7 surveys. . Excluded are 12 participants who completed some but not all surveys . and a further 81 people who only completed the surveys at the start of the week.

### A) Popularity and Perceived Effectiveness of Stoic Exercises

There was a wide range in the popularity and perceived effectiveness of the various Stoic Exercises recommended in the booklet. (see [Appendix C](#) for a summary of each exercise)  
Those perceived to be most effective were :-

- |  |                                     |
|--|-------------------------------------|
| 1. The Retrospective Evening Meditation                        | Usefulness: 4.3/5 (40 participants) |
| 2. The View from above   | 4.2 /5 (32 participants)            |
| 3. Mindfulness of the Ruling Faculty (prosoche)                | 4.1/5 (37 participants)             |
| 4. Mentally rehearse any potential challenges of the day ahead | 4.0/5 (39 participants)             |
| 5. Relaxation & Sleep  | 3.9/5 (29 participants)             |

The other most popular interventions (in terms of number of people who did them) were:-

- Empathic Understanding. (38 participants, 3.6 usefulness)
- Mentally rehearse generic Stoic precepts (36 participants, 3.6 usefulness)

These diverged significantly from the least popular activities (*Iusiteles* and Essays), both undertaken by 18 participants and from the exercise perceived to be least useful (Act with Reserve, 2.8)

These results provide support for the view that further research should be conducted in a more focussed way on a subset of interventions, possibly the top 5 listed above. On the other hand it

is quite possible that these interventions were explained particularly clearly or, in the case of The View from Above, supported by a well-received audio recording; it is possible that other exercises might become more popular and perceived as more useful if presented differently.

## **B) Well-Being Questionnaires**

### **General Comments**

On each of the three measures, the participants who responded to all surveys improved on average about 10%. This is impressive considering these measures are not the most sensitive to short-term changes. Indeed, the SPANE asks about the last 4 weeks, of which the experiment formed only one so one would hardly expect drastic change. However, this must be balanced with reasons to be more cautious about the results, especially the relatively high rate of drop out (see **Limitations** section below)

### **Impact on Life Satisfaction**

The SWLS is a short 5-item instrument designed to measure global cognitive judgments of satisfaction with one's life. This scale is widely used as part of the measure of Subjective Well-being (also known as happiness).

Participants reported an 11% increase in life satisfaction overall. Of particular interest is the large improvement reported for the following 2 questions

***In most ways my life is close to my ideal. Increased by 16%***

***If I could live my life over, I would change almost nothing. Increased by 15%***

The second question is consistent with Stoicism helping participants to be more accepting. It would be interesting to speculate further on the 16% in participants rating their life close to their ideal; perhaps it is because they have found less need to rely on externals.

### **Impact on emotions and related experiences**

The SPANE is a 12-item questionnaire includes six items to assess positive feelings and six items to assess negative feelings. For both the positive and negative items, three of the items are general (e.g., positive, negative) and three per subscale are more specific (e.g., joyful, sad). Along with the Life Satisfaction scale, presence of positive and absence of negative emotions forms the other part of Subjective Well-being.

Overall, there was a 9% improvement. Stoic week affected reducing negative emotions significantly more than increasing positive emotion

Amongst, negative emotions, the biggest decrease was for

Unpleasant	Decrease 14%
Afraid	Decrease 11%
Sad	Decrease 10%

This suggests Stoicism may have more to offer in terms of alleviating negative emotions than engendering positive emotions –especially depression and anxiety. Note that the effect on anger, which it might be thought would be greatest, was in fact rather less (an 8% reduction)

### **Impact on Flourishing**

The Flourishing Scale is a brief 8-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism. The scale provides a single psychological well-being score. This scale was developed by Ed Diener and associates to measure a broader conception of well-being than purely subjective life satisfaction and presence of positive and absence of negative emotions.

Participants reported on average a 10% increase in Flourishing at end of Stoic week.

Participating in Stoic week had most impact on the following components:-

I am optimistic about my future	Increased by 16%
I lead a purposeful and meaningful life	Increased by 13%

It appears then that Stoicism has a positive effect on optimism and purpose and meaning.

### **C)Satisfaction with Stoic week**

Participants rated satisfaction as 7.2 in terms of it fulfilling their hopes. On average they spent 35 minutes a day on exercises. Overall they gave it 3.9 out of 5 in terms of improving with knowledge having a slight lead over the other possibilities (3.7 compared to 3.4/3.3). In appendix C you can find a wide range of feedback on the participants' experiences.

### **Limitations of the study**

The research undoubtedly does not meet the standards of Randomised Control Groups, the gold standard for research projects, and in particular suffered from the following limitations

- Lack of control group.
  - o We do not know how much of the effect is due to being part of an experiment or other placebo features as opposed to being connected specifically with Stoicism.
- Absence of a follow-up.
  - o We do not at present know if the benefits are maintained.
- The group was self-selecting.

- Presumably this group had a greater interest and sympathy with Stoic ideas than the general population.
- Relatively high drop-out rate.
  - 66% did not fill in the post-survey questionnaires. We do not know whether or not they participated in the week or how much they benefitted. It is likely that if they did benefit it was less than the group who did fill in all questionnaires. It is not known how this drop-out rate compares with other similar studies.

Future research should address at least some of these deficiencies.

### **Suggestions for future research**

The large improvements shown by participants nevertheless creates a strong case for carrying out further research. Two of the most promising and relatively easy to implement researches are controlled experiments for the most promising Stoic interventions and development of a Stoic attitude scale. These are described now in more detail.

- 1) Following the example of Positive Psychology, it would be relatively straightforward to conduct further research on the effects of some of the interventions that proved most popular and most effective in this study. Such a study would involve
  - Creating and publicising a web site offering free Stoic activities
  - Asking participants to carry out a specific exercise each day for a week
  - Participants would randomly be assigned one of (e.g.) 5 interventions. One should be a control.
  - Participants would take questionnaires at the start of the week, at the end of the week and at a suitable follow-up (eg 3 months)
  - Participants would be given an incentive to complete all questionnaires (perhaps the offer of a £50 book token) which would be given to one person who completed all questionnaires. The Positive Psychology researchers in addition e-mailed or texted reminders at regular intervals which almost certainly increased compliance and alleviated the problem of high drop-outs.

For this study to be more representative of the general public, people who have already taken part in Stoic week would probably best to be excluded. Participants could be found via the internet eg on positive psychology or self-help lists.

As with this study, we would set out various exclusion criteria (e.g. serious mental health problems). Note that each participant would *only* be asked to carry out one intervention each day. They should *not* be taken as part of a “Stoic week” which includes other activities, as this makes it more difficult to tell which activities are having an effect.

- 2) Developing and using a Stoic Attitude Scale.

This would involve devising a questionnaire to measure the extent to which an individual accepted and lived according to Stoic precepts e.g. accepting that which cannot be changed. Once developed the Stoic Attitude Questionnaire, along with other questionnaires measuring well-being and mental health, would be given to as many people as possible, including those who identified themselves as

Stoic. It would then be possible to perform statistical analysis on the results to assess the correlation between Stoic attitudes and accepted measures of well-being and good mental health (such as the Life Satisfaction Scale).

This research would have a number of benefits, including devising a new scale which could be used more generally, and assessing whether there is a relationship between Stoic attitudes and well-being. The design and verification of the scale could however potentially be quite time-consuming.

It would be possible (given enough time and resources) to implement both of these pieces of research as part of the 2 week Stoic week in the spring. Publicity and interest in Stoic week would help recruit participants for research idea 1 (though as noted these participants should be asked not to do anything else related to Stoicism in the week). Participants in Stoic week itself (ie those also doing readings or taking part in on-line discussions or seminars ) could take the Stoic attitude test before and after the week as well as a battery of other tests.

## Appendix A Results from the 3 Well-Being Surveys

### 1) Changes in Life Satisfaction

Overall there was a 11 % improvement in Life Satisfaction as follows

\_\_\_ In most ways my life is close to my ideal. *Increased by 16%*

\_\_\_ If I could live my life over, I would change almost nothing. *Increased by 15%*

\_\_\_ The conditions of my life are excellent. *Increased by 9%*

\_\_\_ I am satisfied with my life. *Increased by 8%*

\_\_\_ So far I have gotten the important things I want in life. *Increased by 8%*

### 1) Changes in emotions and related experiences

Overall, positive emotions increased on average by 5%. Negative emotions decreased on average by 12%. The Balance of Positive over Negative increased by 9%

**The results from the Scale of Positive and Negative Experience (SPANE) were as follows:**

Positive Experiences and Emotions	Negative Experiences and Emotions
Good Increase 6%	Unpleasant Decrease 14%
Positive Increase 6%	Afraid Decrease 11%
Contented Increase 5%	Negative Decrease 10%
Pleasant Increase 3%	Sad Decrease 10%
Happy Increase 3%	Angry Decrease 8%
Joyful Increase 1%	Bad Decrease 7%

### 2) Changes in Flourishing

Overall there was a 10% increase in flourishing, as follows:-

**I am optimistic about my future *Increased by 16%***

**I lead a purposeful and meaningful life *Increased by 13%***

**I am engaged and interested in my daily activities *Increased by 11%***

**My social relationships are supportive and rewarding *Increased by 9%***

**People respect me *Increased by 9%***

**I actively contribute to the happiness and well-being of others *Increased by 8%***

**I am competent and capable in the activities that are important to me *Increased by 8%***

I am a good person and live a good life *Increased by 8.%*



## Appendix B - Summary of the Stoic Exercises

### **The View from Above.**

Observe (or just imagine) the rising sun and the stars at daybreak, and think of the whole cosmos and your place within it. Donald Robertson's recording can help you Download it from <https://dl.dropbox.com/u/57729041/viewfromabovestoitweek.mp3>

### **Mentally rehearse generic Stoic precepts**

Some examples include:-

"Some things are under our control and others are not".

"We are not disturbed by events but by our opinions about events"

"The Universe is change. Life is opinion"

" Do not act as if you had ten thousand years still to live...rather while you still can, while there is still time, make yourself good"

### **Mentally rehearse any potential challenges of the day ahead, and the specific Stoic precepts required to cope wisely with them**

For example, imagine an adverse event such as being stuck in a traffic jam or being delayed in public transport and imagine telling yourself "We are not disturbed by events but by our opinions about events".

### **Praemeditatio Malorum.**

Periodically contemplate apparent "catastrophes" such as illness, poverty, bereavement and especially your own death, rehearse facing such calamities "philosophically", i.e., with rational composure

### **Contemplation of the Stoic Sage**

Pick a wise person, either a historical figure such as Socrates or Epictetus or someone you admire who characterises many Stoic virtues. Try to put his or her philosophical attitudes into a few plain words, what must the sage be telling themselves when faced with the same adversities you must overcome? Memorise these precepts and try to apply them yourself.

### **Mindfulness of the Ruling Faculty (prosoche)**

Identify with your essential nature as a rational being, and learn to prize wisdom and the other virtues as the chief good in life. Continually bring your attention back to your character, actions, and judgements, in the here and now, during any given situation.

### **Indifference & Acceptance.**

View external things with indifference. Serenely accept the given moment as if you had chosen your own destiny, "will your fate"

### **Evaluating Profit (lusiteles).**

Think of life as a series of transactions, selling your actions and judgements in return for experiences.

What does it profit you to gain the whole world if you lose yourself ? Losing external things may be a good bargain if you gain virtue.

### **Cognitive Distancing**

When you are upset, remind yourself that it is your judgement that upsets you and not external events or the actions of others. Be cautious that you don't get carried away by appearances

### **Empathic Understanding.**

When someone acts like your enemy, insults or opposes you, remember that they were only doing what seemed to them the right thing, they didn't know any better, and say: "It seemed so to them"

### **Physical Self-Control Training.**

Train yourself, in private without making a show of it, to endure physical hardship and renounce unnecessary desires, e.g., practice drinking only water

### **Impermanence & Acceptance.**

Contemplate the transience of material things, how things are made and then destroyed over time, and the temporary nature of pleasure, pain, and reputation.

### **Act with the "Reserve Clause".**

Rather than being guided by desire or aversion, use judgement to guide your impulses toward and away from things, and add the "reserve clause", i.e., "Fate permitting" to every intention to act upon externals

### **Natural Affection (Philostorgia) & Philanthropy.**

Contemplate the virtues of both your friends and enemies. Empathise with everyone. To help with philanthropy you can carry out the **Concentric Circles** exercise (p.20)

### **Affinity (Oikeiôsis) and Cosmic Consciousness**

Think of yourself as part of the whole cosmos, indeed imagine the whole of space and time as one and your place within it. Imagine that everything is inter-connected . Imagine that everything is inter-connected.

### **The Retrospective Evening Meditation**

Mentally review the whole of the preceding day three times from beginning to end, and even the days before if necessary. Ask yourself What have I done amiss? What have I done well? What is left undone?

### **Relaxation & Sleep**

Adopt an attitude of contentment and satisfaction with the day behind you. (As if you could die pleased with your life so far.)



## Appendix C Report from Living Like A Stoic - Your Overall Experience


This questionnaire gives you an opportunity to give us some feedback on taking part in Stoic week.

Please fill in as many answers as you can.



Your answers will be help us evaluate this week's experiment and make improvements for the next Stoic experiment (planned to be 2 weeks in Spring 2013.)

It should take less than 10 minutes to complete.







\*2) Are you a student at the University of Exeter?

		Response (%)	Responses
Yes		18.75	9
No		81.25	39
No Answer		0.00	0
		Answered Question	48
		Skipped Question	0

\*3) Are you male or female?

		Response (%)	Responses
Male		58.33	28
Female		41.67	20
		Answered Question	48
		Skipped Question	0

#### 4) How old are you?

		Response (%)	Responses
20 years old or younger		16.67	8
21-30 years old		25.00	12
31-40 years old		22.92	11
41-50 years old		14.58	7
51-60 years old		14.58	7
61-70 years old		6.25	3
71 years old or older		0.00	0
Answered Question			48
Skipped Question			0

#### 5) How did you hear about Stoic week?

ID	Text Answers (48)
9855786	Jules Evans' blog
9855787	Post in Facebook / Stoicism - I believe it was posted by D. Robertson
9855800	Twitter
9855807	Introduced in my Lectures
9855808	Email list (stoics yahoo group)
9855816	web search
9855819	classics list email
9855827	Classics List

<b>ID</b>	<b>Text Answers (48)</b>
9855828	Philosophy Club
9855835	family
9855838	Via the Classicists' List.
9855839	stoics Yahoo group
9855841	PhD supervisor
9855845	New Stoa (facebook group)
9855850	Tweet from Skeptical Stoic
9855855	From talking to Paddy
9855857	through lectures
9855866	From a friend
9855878	Stoicism Facebook group
9855888	I was emailed and told in person
9855892	Uni email
9855897	Classicists' list
9855909	internet
9855918	Chris Gill - day of culture at Tremough Campus Falmouth Uni
9855929	facebook
9855957	Through lectures and seminars

<b>ID</b>	<b>Text Answers (48)</b>
9855985	from Chris
9855998	Through University Lecturers
9856000	Probably Jules Evans' blog
9856009	Roman Philosophy module
9856014	Stoic page on Facebook
9856016	twitter
9856018	reddit
9856027	university lecturer
9856032	Reddit
9856035	Internet
9856039	Probably Jules Evans' blog
9856043	through a friend
9856044	facebook
9856049	Donald Robertson's blog
9856068	Leiter Reports
9856077	Tim Le Bon
9856081	Via a Facebook status update from a contact who is involved
9856082	I saw the YouTube video of the October meeting -- view a blog post I think or possibly the Stocism subReddit

ID	Text Answers (48)
9856092	Tim Lebon
9856097	Twitter
9856106	Yahoo stoic mailing list
9856111	jules evans blog

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6) Why did you decide to take part?

ID	Text Answers (48)
9855786	Thought it might make a positive impact on my life.
9855787	My interest in Stoicism had not yet included any daily meditation work. A much needed addition to my life.
9855800	Personal interest in the possibility of practiced stoicism as a way to increase life satisfaction.
9855807	To learn more about Stoicism, fun, and perhaps acquire a personal benefit.
9855808	It seemed a good way to me to truly implement stoicism, not just every now and then, but attempting to make it a way of life. Also: in a project with others, being able to communicate with them.
9855816	I wanted to continue my study of stoicism, especially the practical applications.
9855819	I studied Stoicism at university, and in recent years my interest has revived partly because I've been following the happiness debates, partly because I'm a big fan of Epicurean philosophy, but find it in some respects lacking. And I've been reading Seneca.
9855827	I have research intrests in the lived experience of classical reception, including the practical application of ancient philosophy, and how this kind of participatory understanding differs from "objective" or purely intellectual study. This seemed like an ideal way to gain insight into whether - and how - allowing myself to experience an ancient



ID	Text Answers (48)
	system of thought from the inside would affect how I personally regarded it.
9855828	I found prospect of practising what I study intriguing, and hoped it would help give a better structure to my life.
9855835	intellectual interest
9855838	I have been working on ways to adapt Stoic ideas about impressions and externals for modern day life and in a few months have already noticed a profound improvement in my mental wellbeing. I am committed to pursue Stoicism as a life commitment. I was delighted to hear others had been working along similar lines.
9855839	It was an opportunity to remember to practice stoicism daily
9855841	Interested in the Stoics
9855845	Learn more about the stoicism through practice.
9855850	I've been a practicing modern stoic for about two years, and I thought it would be an interesting experience that would teach me new skills.
9855855	I was interested in learning more about Stoic philosophy, and thought it would be fun to practically apply a philosophy to my life.
9855857	curiosity
9855866	I have taken courses in Buddhist meditation in the past, and was interested in comparing Buddhist and Stoic approaches. Also, I study medieval religion, and am considering running a similar program or experiment regarding anchoritic and monastic practices at some point in the future, so from a research point of view I thought it would be useful to see how the study was managed.
9855878	To contribute to the evidence base and as external motivation to increase the intensity of my Stoic practice.
9855888	To find out more about Stoicism, and because I thought it wouldn't be too demanding (and that it would be fun!)
9855892	Because I tried the Galen experiment and found it beneficial and because I am interested in improving my thoughts








ID	Text Answers (48)
	and actions.
9855897	Curious to see how an impact focussed practical activity in Classics such as this might work.
9855909	I am very interested in Hellenistic philosophy applied to everyday life (Stoics, Epicureans)
9855918	It is important to try to get a holistic view of life - wanted to learn more about how to apply philosophy (Stoic) to everyday life
9855929	I have been interested in stoic philosophy for a long time. Really living like a stoic has proved itself rather difficult. I hoped the suggested exercises could help me with that.
9855957	Curiosity and a desire to engage with Stoic texts on a new and exciting level
9855985	an opportunity to try out Stoic techniques and see what effect they had
9855998	Interested in Stoicism and thought by living as one it would improve my understanding of it, also to see just how much of a difference it could make.
9856000	I already considered myself a Stoic but it was an opportunity to practise in a more structured way, and contribute to a collective endeavour to investigate and promote Stoicism.
9856009	For something different and interesting to do with my week, and a different perspective on life!
9856014	The effort was already in keeping with practices I have tried to do myself. I thought that a shared effort might be motivational and, possibly, provide a more active community of like minded people (even if only web based). Also, there seemed something purposeful about an effort to bring Stoic ideas into concrete practice that I found encouraging. Since enthusiasm is not always my prime characteristic I decided I might as well follow my gut on this one.
9856016	it was relevant topic and seemed like a worthwhile endeavor.
9856018	to master my emotion

ID	Text Answers (48)
9856027	interested in the philosophy and for the experience
9856032	Seemed interesting.
9856035	I've made a couple of unsuccessful attempts at the Stoic attitude over the last few years, this seemed like a good opportunity to try again.
9856039	To practice Stoic exercises in a more structured way than normal and to contribute to a collective endeavour to investigate and promote Stoicism.
9856043	I have already invested a lot of time and effort into incorporating Stoic philosophy into my daily life, and I thought this would be a great way to re-invigorate that investment.
9856044	I have been interested in Stoicism for a long time.
9856049	Looked interesting, esp. since I've been studying Stoicism off and on for years.
9856068	I study ancient philosophy
9856077	Because I know Tim & I am interested in the overall outcome/result.
9856081	Interested in philosophy, have also had great success with CBT. Work in a marketing role and wanted to understand how an academic area could be leveraged to gain mainstream media coverage and how it might do that.
9856082	I was basically doing my own 'Stoic month' anyway so it dovetailed nicely! I've been reading up on Stoicism for a few months, probably how I found out about the event.
9856092	thought it looked interesting and fitted in with some mindfulness teaching I had recently received.
9856097	because I'm interested in philosophy, have been partly treated for severe mental health problems and was interested to see how this week worked with that treatment and my present state, because it acted as a forced focus to re-instill some good habits along the mindfulness track, because I have recently left a lay religious community and am looking for tools to help me transition back to a more normal way of experiencing the world.

ID	Text Answers (48)
9856106	I have attempted to practice stoicism on and off for a few years but never alongside anyone else. It sounded pleasant to have company, even distant. It was also an opportunity to give it a serious, structured go for a set period of time, and a week doesn't sound too daunting.
9856111	interest in self improvement/ practical philosophy

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\*7) On a scale of 0-10 to what extent did you get what you hoped for out of Stoic week?

		Response (%)	Responses
0		0.00	0
1		0.00	0
2		0.00	0
3		4.17	2
4		0.00	0
5		8.33	4
6		12.50	6
7		37.50	18
8		20.83	10
9		14.58	7
10		2.08	1
		Answered Question	48
		Skipped Question	0

8) For each exercise/activity suggested in booklet a)if you did not do it, leave blank b)If you did it, how stars would you give it?

	1	2	3	4	5	Responses	Total
The View from Above	0%	<b>3.23%</b>	<b>32.26%</b>	<b>19.35%</b>	<b>45.16%</b>	<b>31</b>	<b>126</b>
Mentally rehearse generic Stoic precepts	<b>2.56%</b>	<b>12.82%</b>	<b>25.64%</b>	<b>41.03%</b>	<b>17.95%</b>	<b>39</b>	<b>140</b>
Mentally rehearse any potential challenges of the day ahead, and the specific Stoic precepts required to cope wisely with them	0%	<b>4.65%</b>	<b>18.60%</b>	<b>46.51%</b>	<b>30.23%</b>	<b>43</b>	<b>173</b>
Praemeditatio Malorum.	<b>6.90%</b>	<b>24.14%</b>	<b>24.14%</b>	<b>27.59%</b>	<b>17.24%</b>	<b>29</b>	<b>94</b>
Contemplation of the Stoic Sage	<b>3.70%</b>	<b>14.81%</b>	<b>25.93%</b>	<b>33.33%</b>	<b>22.22%</b>	<b>27</b>	<b>96</b>

Show values

9) Please rate each of the following exercise/activity suggested in booklet.. If you did not do it, leave blank You will find a description of these in the booklet and in the footer to this survey

	1	2	3	4	5	Responses	Total
Mindfulness of the Ruling Faculty (prosoche)	0%	<b>5.26%</b>	<b>23.68%</b>	<b>34.21%</b>	<b>36.84%</b>	<b>38</b>	<b>153</b>
Indifference & Acceptance.	<b>5.56%</b>	<b>2.78%</b>	<b>33.33%</b>	<b>41.67%</b>	<b>16.67%</b>	<b>36</b>	<b>130</b>
Evaluating Profit (lusiteles).	<b>5.00%</b>	<b>20.00%</b>	<b>40.00%</b>	<b>20.00%</b>	<b>15.00%</b>	<b>20</b>	<b>64</b>
Cognitive Distancing	<b>5.56%</b>	<b>2.78%</b>	<b>38.89%</b>	<b>33.33%</b>	<b>19.44%</b>	<b>36</b>	<b>129</b>
Empathic Understanding.	<b>2.50%</b>	<b>17.50%</b>	<b>25.00%</b>	<b>25.00%</b>	<b>30.00%</b>	<b>40</b>	<b>145</b>

Show values

10) Please rate each of the following exercise/activity suggested in booklet. If you did not this exercise, leave blank  
You will find a description of these in the booklet and in the footer to this survey.

	1	2	3	4	5	Responses	Total
Impermanence & Acceptance.	<b>3.85%</b>	<b>3.85%</b>	<b>7.69%</b>	<b>57.69%</b>	<b>26.92%</b>	<b>26</b>	<b>104</b>
Act with the "Reserve Clause".	<b>17.39%</b>	<b>4.35%</b>	<b>39.13%</b>	<b>39.13%</b>	0%	<b>23</b>	<b>69</b>
Natural Affection (Philostorgia) & Philanthropy.	<b>10.34%</b>	<b>3.45%</b>	<b>27.59%</b>	<b>31.03%</b>	<b>27.59%</b>	<b>29</b>	<b>105</b>
Affinity (Oikeiôsis) and Cosmic Consciousness	<b>3.45%</b>	<b>10.34%</b>	<b>17.24%</b>	<b>51.72%</b>	<b>17.24%</b>	<b>29</b>	<b>107</b>
The Retrospective Evening Meditation	0%	<b>6.98%</b>	<b>13.95%</b>	<b>18.60%</b>	<b>60.47%</b>	<b>43</b>	<b>186</b>

Show values

11) Please rate each of the following exercise/activity suggested in booklet If you did not do it, leave blank

		1	2	3	4	5	Responses	Total
Relaxation & Sleep	<b>3.13%</b>	<b>9.38%</b>	<b>18.75%</b>	<b>37.50%</b>	<b>31.25%</b>		<b>32</b>	<b>123</b>
Solving problems: the stripping method	0%	<b>19.23%</b>	<b>26.92%</b>	<b>19.23%</b>	<b>34.62%</b>		<b>26</b>	<b>96</b>
Keeping a Stoic Journal	<b>3.23%</b>	<b>3.23%</b>	<b>29.03%</b>	<b>35.48%</b>	<b>29.03%</b>		<b>31</b>	<b>119</b>
Stoic advice for writing essays and work	<b>20.00%</b>	<b>15.00%</b>	<b>15.00%</b>	<b>30.00%</b>	<b>20.00%</b>		<b>20</b>	<b>63</b>

Show stats

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12) Did you use any social networks e.g. Twitter and Facebook and if so how?

<b>ID</b>	<b>Text Answers (31)</b>
9855787	Both twitter and facebook, but not as much as I intended.
9855800	Twitter to engage in discussion of the stoic precepts with friends. Raised awareness of e week and the meaning of stoicism.
9855807	None
9855808	Twitter mostly: checking whether there were updates, reading other people's experiences, sharing my own.
9855816	Twitter and FB. 3-4 times during the week.
9855828	No.
9855835	No
9855841	No
9855845	<a href="https://www.facebook.com/denise.diniz.10">https://www.facebook.com/denise.diniz.10</a>
9855855	I blogged about it once everyday.
9855866	I followed the stoic blog, which was very useful and encouraging. I also shared a facebook link to an article by Jules Evans on the School of Life website ('How Ancient Philosophy Changed my Life')
9855878	Yes - Facebook. I posted my progress in a Stoic study group a couple of times and shared some of the Stoic Week articles on my wall.
9855888	I used Youtube to keep a video diary and publicised it via Facebook.
9855909	No.
9855918	blog, facebook & twitter - and chatting to others in the pub
9855929	I followed the stoic week on face book and read the stoicism and its modern uses blog.

ID	Text Answers (31)
9855957	Used twitter to express confusion at times.
9855985	twitter - tweeted myself and followed other stoics
9856000	I looked at the Twitter feed, which seemed useful, and seemed more interactive than the blog.
9856009	Twitter (almost) once a day!
9856014	I created a Twitter account months and months ago. I never use it. But I revived it for Stoic Week.
9856016	twitter-comments about progress and in reference to tweets
9856027	blogged about stoic week.
9856032	Twitter, I tweeted stoicweek.
9856035	Google Plus to tell others of the upcoming stoic week, to report on some progress, and the share Seneca's essay "On the Shortness of Life"
9856039	I looked at the Twitter feed. It seemed very successful, more interactive than the blog.
9856044	No
9856049	No.
9856081	Twitter and Facebook
9856082	Kept an eye on Twitter, provided good motivation.
9856097	I made a little use of reading the <u>#stoicweek</u> hastag on twitter but didn't have time to make as much use of this as I would have liked.

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13) On average how long did you spend on being a Stoic each day in the last week ?



		Response (%)	Responses
Less than five minutes		2.13	1
5 minutes - 15 minutes		6.38	3
15-30 minutes		31.91	15
30 minutes to 45 minutes		23.40	11
45 minutes to an hour		14.89	7
More than an hour		21.28	10
Answered Question			47
Skipped Question			1

#### 14) How much do you think Stoic week has helped you

	1	2	3	4	5	Responses	Total
Relationships (friendships, getting on with people)	8.70%	13.04%	34.78%	28.26%	15.22%	46	151
Becoming a better person	17.78%	13.33%	13.33%	28.89%	26.67%	45	150
Becoming wiser	8.70%	13.04%	28.26%	32.61%	17.39%	46	155
Your knowledge of Stoicism	4.35%	13.04%	28.26%	34.78%	19.57%	46	162
Overall	2.27%	4.55%	25.00%	47.73%	20.45%	44	167

Show values

#### 15) How else has Stoic week helped you?

ID	Text Answers (36)
9855786	It has put the problems I encounter on a day to day basis into context
9855787	It was nice having a sense of connection with other Stoics. Everyone involved in the same project.

ID	Text Answers (36)
9855800	Opened my mind to the role of cognitive philosophy in day to day living.
9855807	Above^ a low rating means that it was a little helpful, not unhelpful.
9855808	It has made me much more relaxed, more focused on what truly matters, and strangely in command of my life. Not of the externals, but of that which truly matters (the internals)
9855816	Helped me to focus on important principles.
9855819	focussing the journal that I already write
9855827	It helped to put things in perspective, and made me feel better-equipped to deal with challenging situations.
9855828	Stoic Week showed me how simple changes can make a big difference. When I was on my own, I cultivated the idea that this was like 'serenity', and when with others, as if it were a 'festival'. I found I had much less resistance to circumstances than normal, and much more patience and understanding towards my work.
9855838	I have been greatly encouraged to learn it has such a following by many different people.
9855841	To take time to reflect before acting
9855850	It's helped me focus more on internals, things that I can control, like taking morale and ethical actions.
9855855	I've felt much more relaxed and positive. It has also helped me focus on work and be more productive in general.
9855857	making me feel more calm and more interested in stoic philosophies
9855866	It has helped me become more aware of fluctuations in my emotional state. So although, for example, before the week began I reported feeling angry 'rarely or never', and at the end of the week 'sometimes', I don't think this reflects an increase in anger. Rather, I have become more aware of the process by which I become angry.
9855878	By broadening my knowledge of practical Stoic exercises and giving me an 'excuse' to try them out.
9855888	It has been helpful for relaxation in a time of stress.

ID	Text Answers (36)
9855892	Learning about so many ways of improving thoughts and actions that really work. Feeling hopeful about having a healthy mind. Realising that everyone has and still goes through the same unhealthy thought patterns.
9855897	Largely a depressing experience - self-scrutiny requires careful handling
9855909	I am calmer, I accept many disagreeable things with good spirits. No so easily hurt.
9855918	it has helped me stick to a plan and be mindful when the going got tough - working through the discomfort/pain
9855929	I already had a rather good theoretical understanding of stoicism. Putting this knowledge to practice appeared to be rather difficult. So I was happy with the practical exercises.
9855957	helped relax and put things in perspective
9856014	I do believe that an effort, even just web based, could give a sense of community that could help take this further than I have on my own. I found that very encouraging.
9856016	refocus on philosophy, release from useless thinking
9856027	realised what characteristics I admire through contemplation of my sage
9856032	Coping with bad news.
9856035	Having a clear list of daily exercises has been very useful, and this week has started to make these a daily habit.
9856043	It has turned me on to several other organizations/books which try to reinstate philosophy as a way of life.
9856044	It gave some practical tools for being a stoic
9856049	Useful to see "how to be a Stoic" spelled out in detail.
9856068	In general, I think it has helped relieve some anxiety
9856081	Putting personal difficulties with Health and treatment into perspective, managing pain and other people's sadness

ID	Text Answers (36)
9856082	It is great that my interest seems to coincide with a wider groundswell, it is a good motivator.
9856097	addressing the needs expressed above.
9856106	Helped me experience (a few times) an emotional neutrality that seemed to make me better at resolving problems with others and received better responses from others as well as being far less stressful than getting upset. Also helped me realize I have to take better care of my body and have a more structured, consistent sleep schedule (I work graveyard shift) in order to be more effective in my life - the often-changing schedule I'm currently on makes me overly tired and moody, which impedes progress (no sense having unnecessary suffering added to life's necessary suffering, and living soberly and sanely is a Stoic value).

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16) What aspects of the week you will take forward or build on in the future?

ID	Text Answers (41)
9855786	Probably all of them to an extent, will give the journal a go as well
9855787	Morning meditation - mindfulness, view from above, precepts.
9855800	Indifference & acceptance. Meditation as a route to productivity.
9855807	The view from above, and the evening meditation
9855808	The stoic journal, meditation in the morning, fake communicating with a historic sage, I'll keep on doing. Also: mindfulness during the day and have some good stoic principles written down on little cards that I carry with me to remind myself of 'em when I need it
9855816	Use of exercises to increase practical application of stoicism to my life.
9855819	the meditations
9855827	1) the morning meditation. 2) prosoche - trying to live more in the moment.

ID	Text Answers (41)
9855828	I definitely want to take forward what I have put into practice for working well; and I hope to periodically practise the exercises I ticked above. I will probably not be a 'Stoic', but the Stoic practises will complement my other forms of reflection well. Most importantly, they give me greater structure, purpose, and clarity.
9855835	further reading of stoic philosophers and meditations
9855838	Hierocles' concentric circles exercise has been extremely helpful. I try to undertake a variation thereof at least once a day.
9855841	Continue to put things in proper perspective
9855850	Before-day rehearsal and precepts, Evening Meditation, prosoche
9855855	I will try to keep in mind some of the central ideas, and possibly continue the morning and evening reflections.
9855857	empathetic understanding, self awareness and self reflection
9855866	Hopefully, with more practice, I will not only be aware of changes in my emotions but able to prevent them when they are a negative or irrational response to an indifferent situation.
9855878	The basic practice of morning and evening reflections.
9855888	The reflection on my life in general, and the relaxation techniques.
9855892	Reading / exploring the Stoic ideas and related ideas. Reflection. Precepts. Meditation.
9855909	Stoic readings, prosoche, acceptance, nightly review.
9855918	continue to work towards long term goal of better health - physical
9855929	I certainly will go on experimenting with the exercises.
9855957	the morning/evening meditations and the view from above exercise
9855985	do the high rated exercises and read more

ID	Text Answers (41)
9856000	Regular and systematic practice of the exercises
9856009	Evening reflection and indifference and acceptance, general calmness
9856014	I am going to continue to make daily practices part of my routine and try to integrate them with activities like my practice in martial arts and business.
9856016	most of iy
9856027	trying to act as my sage would
9856032	The booklet, I will do more of the exercises.
9856035	Making time for daily exercises, and hopefully learning to control my passions
9856039	Regular and systematic practice of the exercises
9856043	The Booklet. It's like Epictetus' handbook, but more adaptable to diverse learning styles.
9856044	I certainly will go on experimenting with the exercises.
9856049	Stoic exercises, to some degree.
9856068	The aspects that helped with that.
9856081	Understanding more about the philosophers, their writings and suggested exercises. There was so much I feel I have only touched the tip of the iceberg. This is a really motivating project, I'm so looking forward to spring 2013. I will take with me the real practical benefits of mindful meditations and realising the temporary nature of most aspects of my life
9856082	The Guideline: "A Day in the Life of a Stoic" is absolutely wonderful! I will keep doing this.
9856097	some of the mindfulness and distancing ideas.
9856106	Morning and evening exercises and journal. I will go back over the very useful booklet and try more of the

ID	Text Answers (41)
	exercises out.
9856111	Self-reflection at the end of the day on how I achieved my goals for the day was very useful. The journal would have been too had I had time to do it.

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17) Has Stoic week made you want to learn more about Stoicism?

		Response (%)	Responses
Yes	<div><div></div></div>	85.42	41
No	<div><div></div></div>	8.33	4
No Answer	<div><div></div></div>	6.25	3
Answered Question			48
Skipped Question			0

18) How would you rate the free downloadable booklet associated with the Stoic project?

	1	2	3	4	5	Responses	Total
Easy to follow	4.26%	10.64%	19.15%	44.68%	21.28%	47	173
Well structured	4.35%	19.57%	23.91%	32.61%	19.57%	46	158
Useful information	0%	2.17%	13.04%	43.48%	41.30%	46	195

[Show values](#)

19) What could improve the booklet?

ID	Text Answers (34)
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ID	Text Answers (34)
9855787	Keep exercises and theory completely separate.
9855800	Information design principles.
9855807	Nothing
9855808	It could be useful to include longer texts from stoics, but perhaps that would be a bit much for most folks.
9855819	A recognition of some of the intellectual drawbacks eg. is acceptance an appropriate response eg. to tyranny?
9855827	Arranging it so specific askeseis are included under the "day in the Stoic life" section - I found I was flicking back and forth a lot to figure out exactly what I should be doing when - or maybe just a summary page with eg a list of morning meditation options, evening options etc? Also maybe include the links to the podcasts and text extracts (I found these on the blog but then couldn't remember where I'd seen them.)
9855828	More information on what has been left out from original Stoicism, if applicable.
9855835	more advice for non-students, and more details on stoic exercises
9855838	Perhaps an appendix with a larger selection of translated key extracts from key Stoics.
9855845	More structured theory.
9855850	It has a large amount of content, possibly too much for someone to follow in one week. I was able to effectively cherry-pick. Perhaps a calendar of things to try each day would be helpful?
9855855	More detail about actual Stoic philosophers, it might help to imagine an ideal sage.
9855866	Reading the booklet for the first time, it was unclear what was general exposition on stoicism and what were exercises for us to practise during the week. Had this been clearer, I think the booklet would have been much less confusing.
9855878	The "essay writing/work" portion seemed completely out of place, and clearly geared toward students (which I am not). Also, there were lots of great exercises, but I tend to get overwhelmed and so chose a small handful to try



ID	Text Answers (34)
	out. Giving a few vignettes of people using the practices in their daily lives (e.g. "Phyllis woke up in the morning and chose to do The View From Above for reasons x,y, and z. She then used prosoche at work because...") or just giving a specific smaller set of sample exercises (e.g. "Mon-Friday: prospective meditation (15 min); during the work day, Mon-Wed empathetic understanding (as needed), Thu-Fri Evaluating Profit; Night: Relaxation & sleep ever day) would be good. This way "sample" ways of using, practicing, and beginning to master the huge amount of exercises given would be more apparent. The idea that one should only use 2-3 of the exercises throughout the week was mentioned in the booklet, but it was somewhat "hidden."
9855892	More guided meditation like view from above - was wonderful!
9855897	I found the explanation of the 'reserve clause' difficult to follow.
9855909	Secondary bibliography.
9855918	some more cartoons - humour - thee have been some fun tweets & blogs
9855929	I would like to see even more exercises. The booklet could be a little bit more structured.
9855985	short description of exercises. Suggested timetable for week of exercises. More examples of Stoics or neo-stoics
9856000	Improve the structure. In places it felt like a collection of separate articles. Harmonise the exercises - they seemed to appear twice, but with differences - a bit confusing.
9856014	I found it a little awkward to maneuver around it when trying to figure out a daily plan for myself.
9856016	I thought it was a good start but perhaps could use a bit more fleshing out,
9856032	Have a conciser booklet to begin with, and a fuller one to download later on.
9856035	Caveat: I'm a fan of terse writing and bullet points, the below suggestions may not be everyones cup of tea. Also, on balance I found the booklet and exercises very helpful, this is intended as constructive feedback. * For something designed for a week long program and presumably novices, I would have had an explicit day by day plan. There was too much verbiage and too little clear structure. I ended up going through the booklet with a

ID	Text Answers (34)
	highlighter, and making my own structure that I referred to every day. * General Theory sections were vague and repetitive. There was also a defensive tone in parts which seemed out of place. The aim of the booklet should be to inform those embarking on Stoic week, not to convince. * Lots of overlap between "Guidline: A Day in the Life of a Stoic", and "Specific Askeseis" sections, should merge the two. * The essay writing advice for students was oddly specific. Was the initial intent that this booklet only be used by students?
9856039	Improve the structure. In places it felt like a collection of separate articles. Also the exercises seemed to be repeated (pp9-13 vs pp18-25) but with differences - a bit confusing.
9856043	Either a better essay section would have improved it. Although it was an appropriate idea given the time of year I think the other exercises did a better job of aiding essay writing than the essay writing advice.
9856049	Tighten it up. Get to the point quickly. It's yay too chatty, with pointless photos and illustrations. Move secondary material (e.g., how to write an essay) to the end or appendices. Material is spread all over the document - organization is mediocre at best.
9856068	Personally, I'd like to see more plurality and more academic reflection on what the Stoics were doing.
9856081	To appeal to a broader audience I would recommend that sections are shorter and written in easily accessible vocabulary, insert a diary for a workshop/worksheet information to be filled out after suggested exercises - these could be emailed back possibly to understand more about which aspects of stoic philosophy are of real practical / applied benefit to mental well being; insert daily examples of when certain aspects of stoicism could help in a routine setting (although this is done to a certain extent)
9856082	It seemed slightly disjointed in places -- a natural characteristic of multiple contributors.
9856106	Better font - maybe it's just my computer, but in the PDF the font is all uneven.
9856111	needs to be re-written by one person so it is consistent. I found it very confusing and irritating.

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20) What else did you do in the week that helped you live like a Stoic that wasn't included in the booklet?

ID	Text Answers (27)
9855786	Read some of the core stoic texts; Seneca, Epictetus which weren't included in the booklet
9855800	The interest of my peers in discussing the stoic precepts and divulging the role stoicism plays in their lives.
9855807	Nothing
9855808	Praying.
9855819	recite a few personal mantras (eg. 'sufficient' when I'm worrying about things that are going to happen later ('sufficient unto the day is the evil thereof'));
9855827	I used walking as an accompaniment to meditation.
9855828	I did some slow reflective readings of some Stoic texts.
9855838	I continued writing didactic texts or instructions based on Stoic principles that take key concepts and gradually develop an awareness of them and how they affect daily life as well as how to better employ them.
9855845	I read other books and handbooks.
9855850	Seneca's thoughts of "death always being with me" was helpful, as was the thought that a Stoic isn't emotionless, but doesn't let his emotions interfere with doing the right thing.
9855855	Meditated on the Stoic thought for the day.
9855866	I listened to many of the History of Philosophy podcasts suggested on the blog. I particularly enjoyed the Seneca and Marcus Aurelius episodes, which inspired me to read 'On the Shortness of Life' and 'Meditations'.
9855878	I chose to read more Stoic sources during the week, which helped.
9855892	Read around.
9855909	Reading "Words of the wise" by Rouse every day.
9855918	employed practical strategies to keep in check any flashes of irritation/anger/frustration with others

ID	Text Answers (27)
9855929	Nothing, but I certainly intend to go on in the coming weeks.
9855985	feeling part of stoic week via the web and emails
9856016	pursue other interests that pinpoint & develop rhetorical ability
9856032	Cleaned my room, and took more time with doing small tasks. Had cold showers too.
9856035	Read some stoic texts. A recommended reading list of short essays/chapters would be useful.
9856043	Read Spinoza.
9856044	Nothing, but I certainly intend to go on in the coming weeks.
9856049	I used my reading, life experience, and common sense in interpreting Stoic concepts and methods.
9856082	Most things covered -- I placed more emphasis on exercise. Did some mindfulness meditation too.
9856097	More maxims
9856106	I did much more of my drawing/painting than I have in a long time, working on it every day. Doing the work that comes naturally (that you were meant / born to do) is part of 'living according to nature.'

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21) How would you rate the Exeter Stoic website <http://blogs.exeter.ac.uk/stoicismtoday/>

	1	2	3	4	5	Responses	Total
	0%	4.55%	25.00%	45.45%	25.00%	44	172

Show values

22) What did you like most about the Exeter Stoic website <http://blogs.exeter.ac.uk/stoicismtoday/> ?

<b>ID</b>	<b>Text Answers (36)</b>
9855786	Clear, helpful layout
9855787	Comments by readers.
9855800	Lots of I formation
9855807	Additional information posted, e.g. online lectures
9855808	The content. Ha! Good, interesting posts
9855819	I didn't read the blog (too busy)
9855827	the online community is a great idea - I would love this to continue after the week is over...
9855835	very clear and informative
9855838	The posting of video entries mixed with written pieces.
9855845	Content is always updated.
9855850	Comments from other Stoics
9855855	The detailed information and general information.
9855866	Feeling like part of a group participating in the project. Also the podcast links.
9855878	Asking us to report in daily in the comment section was somewhat motivating, even if I didn't do so.
9855888	The daily participation made it feel more like a community.
9855892	Interesting content / links to other sites / contributions by lots of people.
9855897	Well-written
9855909	The comments.

<b>ID</b>	<b>Text Answers (36)</b>
9855918	well designed, great extracts, poetry, info, regular updates
9855929	The clear summary's of stoic idea's.
9855957	The inspirational stoic quotes
9855985	Articles
9855998	Seeing how other people were getting along with their weeks.
9856009	Platform for people everywhere to discuss their experiences of Stoicism
9856014	I think its a fine start.. I'd like to see ongoing discussion of using specific practices.
9856016	that it exists
9856027	stoic quotes
9856032	Concision.
9856035	Frequent updates.
9856043	Direct links to PDFs
9856044	The clear summary's of stoic idea's.
9856049	It's reasonably on topic.
9856081	Clear, good visuals, nice fonts easy on the eye. Enticing
9856082	Thoughtful reposting from contributors own websites.
9856097	I didn't have enough time to browse it, but the polls and discussions seemed useful.
9856106	The booklet and the links

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23) What could be done to improve the website <http://blogs.exeter.ac.uk/stoicismtoday/> ?

ID	Text Answers (28)
9855787	Simply keep the posts coming. It might be good to start adding more tags to the posts and then build a tag index.
9855800	Blog format means you have to dig for information. Reference menu would be useful. Basic information design principles.
9855807	Nothing
9855808	Better design, more articles (also post long excerpts from books, etc.)
9855819	n/a
9855827	it is not immediately obvious where to find things.
9855838	I think there needs to be a more developed forum rather than just posting comments to threads. This would allow greater numbers of topics to be discussed.
9855845	A better layout.
9855850	More stories and examples of Stoic practices.
9855866	More links to recommended material would be great!
9855878	n/a - seems fine.
9855888	I did encounter some difficulty posting on it at times.
9855892	Perhaps a seperate tab for the booklet so it's easy to access.
9855897	Indexing
9855909	More interaction.

ID	Text Answers (28)
9855918	perhaps some specific visuals for this project - soundbites from participants
9855985	easier to access articles
9856000	Reduce the header size - need to scroll down to see the posts.
9856016	keep it going
9856032	I don't know.
9856035	Discussion forum for talk not directly linked to posts.
9856039	Reduce the header size - need to scroll down to see the posts.
9856043	The quotations on background pictures were a bit distracting.
9856044	
9856049	It's adequate as it stands.
9856081	Better URL eg <a href="http://www.exeter.ac.uk/StoicWeek">www.exeter.ac.uk/StoicWeek</a> also link to more relevant websites to improve search rankings such as with CBT and depression Eric
9856082	Keep it going! I hoping there will be plenty of new content in 2013.
9856106	More links to other stoic websites and to online texts. Also a section for people to tell stories and examples of Stoicism applied in their own lives.

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24) We plan to run another Stoic experiment for two weeks in Spring 2013. Have you any suggestions about how we could broaden participation? eg organisations or media to contact?

ID	Text Answers (25)
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ID	Text Answers (25)
9855786	Perhaps expand contacts/promotion with other universities
9855787	Try to get people to make a public commitment to it. Maybe bring in some kind of "buddy" system.
9855800	Grassroots support is the best. Reach out to current participants beforehand and ask them to spread the word.
9855807	Seems an obvious suggestion but encourage other Classics Uni departments to get involved? They are the most likely to actually do it I think.
9855808	All the major newspapers I'd say, not just in the UK, but in Europe and the U.S. too. Also some philosophy magazines / websites such as Filosofie Magazine in the Netherlands, for instance
9855819	use less Latin in labelling the exercises - even I have difficulty relating the Latin to the exercises described, and I've got 2 degrees in it
9855828	At several points, affinities with Buddhism were mentioned on the blog, and Guardian. Some Buddhist groups might be useful to contact. Also, you could encourage followers of blog to print out flyers advertizing next week for their local neighbourhood?
9855838	Email student unions nationwide with posters and other related media.
9855841	Tv radio media
9855845	Maybe a forum.
9855866	Perhaps create a facebook group.
9855878	Albert Ellis Institute, American Institute for Cognitive Therapy, Association for Behavioral & Cognitive Therapies, National Association for Cognitive & Behavioral Therapies,
9855909	Facebook?
9855918	yes will forward ideas
9855929	You could ask the participants of the stoic week to promote the next event.

ID	Text Answers (25)
9855985	classics and philosophy depts, you tube
9856014	Given my own conversations with friends who I thought might be interested, I think that is going to be a slow organic process. As someone who works in marketing I do not expect more advertisement to produce and exponential increase. The audience will be cultivated over time.
9856016	other university personnel internationally, philosophically minded orgs
9856032	Be more engaging during the week, it shouldn't be stoicweek in isolation.
9856035	3quarksdaily, The Philosophy Magazine, guest appearance on popular philosophy/rationalist podcasts like Philosophy Bites and Rationally Speaking.
9856043	Send a call for papers and organize an undergraduate or graduate conference for the submissions.
9856044	You could ask the participants of the stoic week to promote the next event.
9856049	No.
9856081	I work at university of Sunderland as Assistant Director of Marketing and Comms. I would be interested to understand whether there is any scope to work together with our psychology department - perhaps we could broaden your net with participation in the North and see if there is any regional north - south divide in approach / application of stoic attitudes? Interesting experiment.
9856082	Pre-announce it in advance, I was quite late to find out about this week.

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25) Have you any other comments you would like to make?

ID	Text Answers (30)
9855786	Nope

ID	Text Answers (30)
9855787	Thank you for setting this up! Looking forward to the next installment.
9855800	One week, or even two, isn't long enough to truly understand the role stoicism can play in your life. But it is a great introduction for those who are not familiar with the concepts
9855807	A worthwhile venture.
9855808	Thank you for this experience.
9855816	Thank You!
9855827	I started off the week in a kind of spirit of intellectual inquiry - what I didn't expect was that it would be quite so enjoyable! Difficult to change established patterns of thinking overnight, but I am going to continue the practice and see how it evolves. Thank you for this opportunity, because it is something that I would not otherwise have attempted.
9855828	Well done all and best of luck in next trial.
9855835	a very positive experience, generous intellectually and a huge encouragement to non-classicists to discover the richness and relevance of stoic thinking
9855838	Thank you organisers; I look forward to the spring trial!
9855841	A good week will carry on keeping diary and view from above most helpful
9855845	No.
9855866	I thoroughly enjoyed the week - I've learnt a lot about stoicism, and I hope grown as a person as well. I'm already looking forward to the two week experiment next year!
9855888	Thank you for a week of learning and fun!
9855909	Please, keep it on!
9855918	I enjoyed it - good to learn more about Stoic philosophy and create a community of people attempting to

ID	Text Answers (30)
	incorporate these ideas in their everyday life - brilliant to have such a high level of academia so committed to sharing these views and ideas and responding in such an empathic way to any negativity that has been published elsewhere - I love the fact that this group is so open and inclusive and not at all 'professionally possessive' Thanks
9855985	very enjoyable experience
9856000	<p>- I lapsed a couple of times during the week and my mood sank fairly quickly. As Seneca says, philosophy has to be practised daily. Comments on the well-being questions: - I already practised Stoic exercises, I just did them more systematically during the week, so I wasn't expecting a huge change (improvement) in my well-being scores. In the event I was impressed at how stable they were! - The reference period for the positive/negative emotions scale is 4 weeks, so one would not necessarily expect much to have changed after only 1 week. - In any case I found the positive/negative emotions scale difficult to score because, for me at any rate, it is difficult to recall the high and lows over a whole month. - Thanks for all your efforts!</p>
9856014	Just well done.
9856016	I would like to see more people who enjoy philosophy get involved. More scholars tweeting interactively. Less naysayers without appropriate credentials (on the hashtag mostly).
9856032	Nope.
9856035	Thank you for organising this. It feels like exactly the sort of thing many people like myself need to put in to practice the things we read and believe.
9856039	<p>- I "lapsed" a couple of times during the week and my mood sank pretty quickly. So regular (daily) practice is essential, as Seneca says. Comments on the well-being scales: - I've been practising Stoic exercises for some time, but in a less systematic way than during the week, so I wasn't expecting a huge change (improvement) in measured well-being. In the event I was impressed at how stable the scores were! (i.e. suggests the scores may not be too noisy) - the emotions scale has a reference period of 4 weeks, so repeating it after one week, you would not expect much change. But I found it difficult, in any case, to remember the highs and lows over a whole month. - Thanks for all your efforts!</p>

ID	Text Answers (30)
9856043	Thanks for doing this.
9856049	No.
9856081	Congratulations on launching a fantastic experiment which has real world translational impact!
9856082	Thanks so much for a stimulating and fun week! Keep up the good work. I'd love to see some more Stoic exercises next time but I know are knowledge of what precise practices Stoics undertook is quite limited...
9856092	I went down with a heavy cold and found it difficult to really engage with the week.
9856111	Sorry Im really busy today and just dont have time to fill this out properly. I really like the idea of making philosophy practical and would love to participate in a longer one. The timing of this was really bad as I am frantic with work in the lead up to the Christmas holidays so I didn't have the mind space to take full advantage of this experiment. Im really disappointed about this as it's a great concept. However, the booklet accompanying it really needs work I think.