Who I Am to Others

> *"Consider who you are. In the first place, you are a man; and this is one who has nothing superior to the faculty of the will."*
>
> Epictetus, Discourses 2.10 (tr. Long)

Epictetus taught that our duties can be discovered from our roles. List the roles that matter to you. Be honest in the middle column, and practical in the last. This is about who you want to be, not about guilt.

MY ROLE	WHAT THIS ROLE ASKS OF ME	HOW DRINKING HAS GOT IN THE WAY	ONE THING I CAN DO THIS WEEK

The role I most want to grow into

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