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## A MODEL OF LATE STOIC PRACTICE

### Three Disciplines for Action

Three Parts of Self	1. Study/Learn μανθάνω ( <i>manthanô</i> )	2. Practice μελετάω ( <i>meletaô</i> )	3. Train ἀσκέω ( <i>askeô</i> )
3. Will: Assent/Rejection συγκατάθεσις/ανανεύω ( <i>synkatathesis/ananevô</i> ) Freedom from deception; composure	Logic: what is ours, for the common good, and true κατάληψις ( <i>katalêpsis</i> )	Judgment and Truth ἐπιστήμη ( <i>epistêmê</i> )	Wisdom φρόνησις ( <i>phronêsis</i> )
2. Action: Impulse to Do/ Refuse to Do ὀρμή/ἀφορμή ( <i>hormê/aphormê</i> ) Acting deliberately and not carelessly	Ethics: what is ours and for the common good κοινωνικόν ( <i>koinônikon</i> )	Duty and Appropriate Action καθήκον ( <i>kathêkon</i> )	Justice and Courage δικαιοσύνη, ἀνδρεία ( <i>dikaiousunê, andreia</i> )
1. Perception: Desire/ Aversion ὄρεξις/ἔκκλισις ( <i>orexis/ekklisis</i> ) Removing false opinion (οἰήσις/ <i>oiêsis</i> ) and passion (πάθος/ <i>pathos</i> )	Physics: what is ours, not ours, and indifferent ἐφ' ἡμῖν/οὐκ ἐφ' ἡμῖν/ ἀδιάφορα ( <i>eph' hêmin/ouk eph' hêmin/adiaphora</i> )	Habit and Disposition ἔθος/ἕξις ( <i>ethos/hexis</i> )	Self-Control σωφροσύνη ( <i>sôphrosunê</i> )

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