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Human Behavior II
April 6th, 2020

Reflection 9

1. Describe Robert Enright's four-stage process of forgiveness.

- According to the text forgiveness offers hope for resolving some of the wrongdoings of others. In 8 keys to forgiveness, Enright tells us that there are four-steps people have to go through in order to complete the forgiveness process. (1) Under covering anger: refers to the process of letting others know what you are feeling inside instead of holding built emotions in (2) Deciding to forgive: is the process of being in between with forgiving someone, you may not want to fully forgive someone for something they did but you know that it would be best for you mentally (3) Working on forgiveness: is coming to a realization that you are willing to work towards forgiveness (4) Discovery and release: is the last step, in which you have went through the main steps of letting people how you feel , telling yourself to forgive, and actually working on forgiveness in this step you are displaying the act of forgiveness in which you will eventually merge into your new self.

2. Is there such a thing as a midlife crisis?

- According to the text midlife crisis can be seen as a time of decreased satisfaction in life. In my opinion I do believe that people experience midlife crises as it is a point in one's life where they have an emotional crisis about their identity and self confidence. Some Ex of knowing when someone is going through a midlife crisis is when they compare themselves to others.

3. According to Seligman, what three fundamental aspects need to be changed to create authentic happiness?

- According to Seligman there are three fundamental aspects that need to be changed in order to create authentic happiness. The three stages are (1) Being happy about the past: Which states that we should look at our past and think about all the negative things we have been through, instead we take those bad things and view them as lessons and be appreciative of the growth we have achieved from it. (2) Being happy about the present: We should appreciate the present for what it is.
- (3) Being happy about the future. Happiness comes from being optimistic and hopeful by setting goals and going after the things you want.