

WEEK 3

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In chapter five appreciate the explanation on the stages of development of Erikson. He believed that at each stage, certain critical tasks have to be accomplished. The successful completion of each task enables individuals to increase independence and feel good about themselves and others. Erikson's eight stages of psychosocial development are discussed in the following section and are listed. I was reflecting on the stage that Erikson mentioned, Young adulthood (20–30 years) Intimacy vs isolation: A goal of this stage is to establish a close meaningful relationship with another person. The individual must be able to give of himself or herself and be committed to another. This is learned from within the family unit during the growing years. Close ties with family members and intimate relationships are essential to the well-being of the young adult. Failure to accomplish a meaningful close relationship results in loneliness and isolation. I have seen this especially in single people longing for a relationship. The desire to find a partner if they don't have one also affects their self-esteem.

On the other hand, in chapter one of GL book it was so helpful to learn the effects of grief in different areas such as biological, psychological, social and spiritual. I understand better the biological effect of grief that can put grievers at risk. The immune systems can be affected by stress and grief. The body and the mind are connected. It is important to know that negative emotions can decrease the health of a person who is grieving. Beside that, the brain can be affected, not just the heart that's affected. Having these issues in mind we need to promote physical health.

Last but not least, in chapter one GG book I learned of Bowlby's attachment theory; he believes that human beings have strong affectionate bonds with others. He explains that an emotional reaction occurs when those bonds are threatened or broken. Sadness is the most common feeling, and anger is the most confusing feeling in this process. Furthermore, Blame, guilt, self reproach, anxiety, loneliness, fatigue, Helplessness, shock, yearning, emancipation, relief, numbness, physical sensations, disbelief, confusion, preoccupation, sleep disturbance, crying, etc. The list can go on and on because the reaction can manifest differently in one person or another. Certainly grief is real and can tremendously affect the life of a person.