

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

- Uncovering anger- The first stage of forgiveness requires you to think about your pain. What has occurred, and why is it so painful? This stage I would consider being the clarifying stage where you seek for understanding.
- Deciding to forgive- When a person commits to forgiving based on their understanding of what occurred and why it occurred. For example, excepting to forgive your spouse for cheating because you now understand that he felt lonely in the relationship and was looking for an emotional companion.
- Working on forgiveness- This stage involves working on forgiving and seeing the person in a positive light. During this time, you start to show and have compassion for them. I see this stage as the stage of getting to know the person and accurately understanding them.
- Discovery and release- When a person finds increasing meaning in the suffering, feels more connected with others, and experiences decreased negative affect and, at times, renewed purpose in life.

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

Midlife is when a person starts to learn new roles and responsibilities socially. More often than not, this leads to re-exploring oneself and focusing on yourself. During this time, people can experience many new emotions as they question who they are. Some of these emotions can lead to depression, anxiety, and impulsive behavior. At its core, the person becomes acutely aware of their mortality and the time they hope to have left. Through my experience working at a senior center, I witnessed a male client aged 89 purchase a motorcycle to find his new identity. His wife had recently passed away, and he was trying to find a place of belonging. His grief and depression made him think a motorcycle would bring him joy. His actions are considered part of a midlife crisis; fortunately, he found a grievance group and worked through his emotions and grievance.

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

Seligman concludes that happiness has three dimensions that can be cultivated the Pleasant Life, the Good Life, and the Meaningful Life.

- The Pleasant Life is realized if we learn to savor and appreciate such basic pleasures as companionship, the natural environment, and bodily needs. A pleasant life brings more positive emotion and fosters a more profound, enduring happiness. When you sit back and enjoy your surroundings for what it genuinely is and the pleasure it brings you.
- The Good life - The good life is a place of happiness, good relationships, and excellent work satisfaction. Seligman encourages people to seek a meaningful life by finding inner peace. During the superb life stage, you are happy with who you are and what you have accomplished, and your life is considered complete.

Human Behavior Reflection #9

- Authentic Happiness- Happiness derives from raising the bar for yourself, not rating yourself against others. You are genuine and not concerned about what others think and say about you. You bring immense joy to yourself and accept who you are.