

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

In middle adulthood, individuals have already had significant life events that have occurred and may have also hurt them. We see that individuals choose the route of forgiveness to help them move forward from this personal hurt. Robert Enright describes forgiveness through four stages. Uncovering Anger, Deciding to forgive, Working on forgiveness, discovery, and release. Not everyone gets through all four stages of forgiveness, but many often start the process. "Forgiveness will not occur without a person making significant changes in his or her feelings and beliefs" (Ashford, 2017) The various stages of forgiveness are a process of understanding the one who hurt them, learning to gain empathy for them, and moving forward.

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

It is known that in middle adulthood there is significant change and transition occurring in individuals which leads to shifts in priorities and life goals. A midlife crisis is often seen through media, however, isn't necessarily proven to be something that occurs among all individuals at a certain point in their adulthood. Although there might be a change in priorities and various transitions occurring for individuals in middle adulthood, it doesn't always lead to a negative effect which is what "midlife crisis" is typically known for. The Midlife Crisis is typically influenced by environmental and cultural influences rather than being a universal concept.

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

The three fundamental aspects needed for authentic happiness is Being happier about our past, identifying the core beliefs we established due to the negative experiences, working on these beliefs through resolution, and not letting it determine your present and future. The best way to combat this is through the act of gratitude. Being happier about our present, by understanding the difference between pleasure and gratification, gratification helps have long-lasting impacts that are related to strengths and virtues. The last fundamental aspect is Being happier about the future by becoming more optimistic and hopeful of what is to come.