

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

**The four-stage process of forgiveness is as follows:**

- Uncovering anger
- Deciding to forgive
- Working on forgiveness
- Discovering and release

**Uncovering anger:** To uncover the anger, one must engage in deep self-reflection to evaluate and assess the root cause of their anger. This self-reflection may be guided by a professional, for example, a therapist or pastor, or the individual can spend some quiet time reflecting on his or her life to make sense of who they are and why they do what they do. Personally speaking, I used to struggle with anger. To overcome the feeling, I realized through self-reflection and therapy that I unknowingly developed anger through unforgiveness that stemmed from unfortunate experiences in my childhood. As social workers, it is also crucial that as we work with clients who have experienced trauma, we help them dig deep to uncover anger through creative intervention.

**Deciding to forgive:** Forgiveness is a decision one willfully makes to find peace and happiness. In my therapy session once, I was told that forgiveness is not for the person who wronged us but for us. This statement has proven true in my experience because I started feeling lighter, relieved, and happier the moment I decided to forgive. While deciding to forgive someone may not be easy, and it is a process, letting go of the hurt, pain, and anger also helps us see others who mistreat us from a different perspective.

**Working on forgiveness:** Working on forgiveness starts with identifying the pain and sadness we may feel from the anguish others may cause us. As I mentioned earlier,

forgiveness is a process. When we decide to forgive, we must maintain that decision by actively seeking help to let go of the resentment and revenge that we felt deep within. To work on forgiveness is to live daily with the mindset of refusing to return to a place of anger, hostility, and aggression but instead finding new ways to cope and live a healthier life free from unforgiveness.

**Discovering and release:** Enright and Rothschild (2015) state, “the process of forgiveness ends with the emergence of a new self.” The act of discovering and releasing represents a time of transformation and renewal. I discovered that unforgiveness does not serve any real purpose other than to rob people of joy, peace, and happiness; therefore, one must release the unforgiveness that they were holding on to, along with their injurers from their heart and develop a new perspective and sense of self. In social work, during this phase, I would empower my client to use their experience to educate others about the issue they overcome to spread awareness.

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

According to the text, midlife is a time of reflection, where a new perspective on the world characterizes adults and who they are. There is also a new definition of self and new accomplishment about what they want to accomplish (Ashford et al., 2018). This stage Erikson refers to as generativity versus stagnation, reminds me of the identity versus identity confusion phase that adolescent goes through as they search for their identity and make sense of who they are. The text also states that a “midlife crisis” is better conceptualized as “a drop in life satisfaction or happiness in midlife” (Ashford et al., 2018, p.404). Based on the above statement, I believe that there is such a thing as a midlife crisis. Although there is not much empirical support for the popular notion of a

midlife crisis, I do believe that at some point in life, we all have encountered or experienced to some extent “a drop in life satisfaction or happiness,” especially during midlife when we cannot make sense of who we are in the world.

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

The three fundamental aspects we need to change to create happiness are:

- Being happier about our past
- Being happier about our present
- Being happier about our future.

With these three fundamentals mentioned above, it is clear that to create happiness; one must change their perspective to experience a better present and future. By changing our perspective, we can realize that our past does not define us, differentiate between pleasure and gratification, and become more optimistic as we navigate life.

**References: Ashford José B., LeCroy, C. W., & Williams, L. (2018). Human behavior in the social environment: A multidimensional perspective. Cengage Learning.**