

Respond to the questions below based on your review of Chapter 9 Middle Adulthood.

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

Forgiveness is a process, In my life I know this to be fact. I had to a lot of people to forgive in my life for the stage I am in now. I had to forgive parents, and siblings for actions or inactions that I have done. As I reflect on forgiveness,i see that enright forgiveness process at work. I would would uncover a hurt from the past. (uncover anger). I would have to make the decision to forgive that person or that hurt. After I decided to forgive the hurt I had to walk out my forgiveness. As I work on the forgiveness daily. I will walk this out until I discover that this does not have a hold on me anymore and let it go. I did not know that I was using a process developed by enright, but this process also seems very biblical as well.

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

As i read about middle adulthood and the ages of that start in the mid thirties. I think that middle adults have crises biologically,physically,and even spritually. On the the other hand, I believe their is an environmental factor to this also. Most of my twenties I was in the military, I believe I have a mid life crisis about every two years of my eight year enlistment. The interesting thing about this was my environment and stress levels were through the roof most of the time I was dealing with either deployments or loss, or back home not understanding how to be "home". I do believe in midlife crisses but I dont believe they have to be for mid life. As we know all stages of development have a crisis moment they need to have to advance to the next stage.

Midlife crises I do believe in but also situational crisis that can effect you and any age.

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

Being happy about our past,present and future, will have a great effect on our well-being. I know for me now I think that I am happy where I was in life, I am content where I am now, Also where I am going. I just have to deal with a family and 5 to 6 year olds that may not be happy in the present situation we are in. I am working on family and martial relationship. Throught church I am helping others and doing volunteer work. I am trying to try new things as a family, we are probably moving in a year to the south. I am waking up daily being grateful for all that I have my family, my life and my circumstances. I am trying to be more present with my family. This is a harder area. With school and work and trying to balance everything it very tough. But I know if I keep these things up I can be authentically and and superficially happy.