

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

The four stages of forgiveness according to Robert Enright and Rothschild are uncovering anger, deciding to forgive, working on forgiveness and discovery and release. At this stage of life, many individuals are dealing with the fact that they have been unable to forgive friends or relatives for past wrongs. In the process of forgiveness, the end result is a new self. Being able to forgive others brings an individual a sense of conversion. They are capable of beginning anew. Forgiving someone has been proven to have significant mental health benefits as that individual is no longer being dragged down by the inability to forgive. Hostility and aggression have also been linked to a multitude of health problems. Once a person can forgive, they are able to enjoy the health benefits of forgiveness and conversion.

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

The idea of a midlife crisis is debated but has been spoken about as a time of reflection on whether or not the individuals in this group have completed the goals that they set out for themselves when they were younger. This has also been spoken about as a cohort effect. In middle life, individuals are expected to be taking on more social responsibilities. When reading this information, a mid-life crisis made a lot of sense to me with all of the stress facing individuals in this stage of life. There are an innumerable amount of biophysical changes taking place that can cause individuals in this stage to not even recognize themselves in the mirror, or like what they see. Whether this is hair loss, body shape, or even wrinkles on the face, this can cause people to come face to face with their chronological age, regardless of if their mental age matches it.

There are also social factors that are causing individuals in this stage to have a hard time with their new life roles. For individuals experiencing an empty nest or living in the sandwich

generation in which they are caring for parents as well as children. In this stage, individuals are also experiencing a loss of social capital as they are losing community ties, lack of social networks and loss of political involvement. At this time, individuals are looking back and have to evaluate what they have done.

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

In order to create an authentic happiness, Seligman delineates three major steps. The first step is being happier about our past. This happens when realizing that a negative past does not determine the present or the future. Realizing we can move past these mistakes and create a future for ourselves regardless of our past is the first step to authentic happiness. The next step is being happier about our present. This is done by knowing the difference between things that make us happy and things that we like to do. Focusing on the things that we like to do helps us focus on our strengths. The final step is being happy about our future. This happens when we become optimistic and hopeful. We can find this happiness and hope when we focus on our strengths and abilities.