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SWK354/SWK554: Human Behavior in the Social Environment II

Reflection 9

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

The four stages process of forgiveness are Uncovering anger, Deciding to forgive, Working on forgiveness , Discovery and release . The development of a new self is the culmination of this process of forgiving. While many people begin this procedure, not all complete it. Pardoning won't happen with-out an individual rolling out critical improvements in their sentiments and convictions. " Pardoning is a normal interaction; According to Flanigan (1992, p. 72), "it is a conversion in the way you have thought about yourself and other people, as well as about harm and vulnerability." At the conclusion of this process, individuals acquire a fresh perspective on the factors that led to the occurrences in their lives and wish their attackers no harm. Research conducted in 2004 by Baskin and Enright indicates that forgiving someone who has wronged them appears to have significant positive effects on mental health. Also, the demonstration of excusing seems, by all accounts, to be one of the fundamental cycles that keeps long haul individual connections working, as per investigations of long-hitched couples. Resentment or vengeance, on the other hand, is somewhat instinctive and requires conscious effort to forgive. Reconciliation is not the same as forgiveness. Only the person who was hurt can be forgiven. Reconciliation involves both parties and necessitates a change in the offender. It can be liberating to forgive. Generally speaking, carrying a need to avoid someone or a desire for retaliation is not a healthy adaptation. Numerous health issues are linked to hostility and aggression.

2. Is there such thing as a midlife crisis?

There is such a thing as midlife crisis, the majority of people in America today live into their 70s or 80s. Midlife, however, remains a mystery. The "empty nest syndrome," the "midlife crisis," and the "change of life" during menopause are just a few of the many myths that surround psychological milestones in midlife.

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

Being content with our past. This is accomplished by overcoming the erroneous belief that your present and future are influenced by your negative past experiences, expressing gratitude for the positive things that did occur in your past, and forgiving past wrongdoings.

Being more content with the present. This is accomplished by distinguishing between pleasures and gratifications. While gratifications are things we enjoy doing but not necessarily because of the sensory feelings that result, pleasures are sensory delights. Delights are tied straightforwardly to qualities and excellencies.

Feeling optimistic about the future. This occurs when we learn to become more optimistic and hopeful and alter our explanation style. Focusing on one's "signature strengths" and developing them is a big part of real happiness. Midlife is a great time to think about and act in a way that incorporates these new positive psychology findings into everyday life. Psychological dangers can cause problems in middle age; Addiction to drugs and alcohol is one of the most serious risks.