

Reflection 9

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

The four stage process of forgiveness includes Uncovering anger, deciding to forgive, working on forgiveness, and discovery and release. I always thought that forgiveness was the same as reconciliation and when I was reading I found that it is more about yourself and doesn't involve the person who hurt you. I find it a very interesting topic. I know the school is offering forgiveness therapy in the summer which can further expand my knowledge. When looking at the four stages I come to realize that sometimes you can stay on stage two of the process which is deciding to forgive if you keep thinking if it is a good idea.

2. Is there such thing as a midlife crisis?

I know the chapter talks about the midlife crisis around the age of 35-60 but i feel it can happen at a younger age because of the way everyone is so focus on career advancements. Also the chapter states women begin midlife at age 39. I automatically thought about how some people start telling women have children before age 35 for some reason and as a women if they don't have children by age of 35 some can feel they are behind in life when that shouldn't be true and we should respect everyone decision. Also I believe it should be more emphasis on enjoying life and being healthy not focusing on what you have accumulated because everyone experience is different.

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

Three fundamental aspects include being happy about your past, present and the future. When thinking about creating authentic happiness I think about how our past links our future when we look at things we want to change for the better. If you have a negative experience in your life it is okay you can fall and get back up one hundred times if you need to. I know that with the three fundamental aspects I think about as humans what is our purpose in life and how we focus on finding our strengths and virtues.