

HBSE 2

Reflection #9

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

The four stage process of forgiveness according to Robert Enright are as follows: Uncovering anger, Deciding to forgive, Working on forgiveness, and discovery and release. I believe this process to be accurate as I have gone through similar processes on my own path to fully forgive my father due to the inconsistency of our relationship. It is a long process and I know in not quite there yet. I believe that in still stuck on the last stage of discovery and release.

Is there such thing as a midlife crisis?

I think it depends on who you speak to, the phrase has been made relevant by pop culture to describe when a man in mid life decides to purchase red sports car to feel younger; or maybe when a middle age women who dates a younger man can be considered a cougar. According to the text research does show that around midlife for both men and women there is a low satisfaction with where their lives are at that point. But the idea of what midlife is or what is suppose to happen is changing. Especially during the pandemic that forced everyone to pause, many adults from ages to 30 to 50 or even older were able to discover things about themselves and even reinvent themselves; starting new careers, or becoming entrepreneurs.

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

The three fundamental aspects needed to create authentic happiness are as follows: Being happier about the past, this is when you understand that the negative experiences you had don't determine your present and future state of happiness. Being happier about the present, during this time you have to learn the difference between pleasures and gratifications. Pleasures are things that feel good, while gratification are things that we like to do. Being happier about the future, this is when we are more hopeful for the what the future holds