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Human Behavior II

Reflection #9

## **Chapter 9 Middle Adulthood**

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

According to Robert Enright, there are four stages in the forgiving process. The first one is the uncovering phase. This phase entails that one "uncovers" or understands the offense that was made and its consequences. The second stage is the decision phase. The decision phase requires that one forgives the offender by free will. The individual must first understand what forgiveness is in order to freely choose it. Thirdly, the work phase is the stage where the individual must work to remain in forgiveness. Forgiveness is not always just a one-time thing. The deepening phase is the last stage in forgiveness. This is the stage where you find a deeper meaning behind the hurt and the forgiving process.

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

Midlife crisis is a theory that suggests that people go through a period of identity crisis and question themselves and their lives. A midlife crisis can be difficult to assess as the

average life expectancy has change much since the past 100 years. Today, adults are expected to face a midlife crisis from age 35-50. A survey has found that adults report having less overall life satisfaction as they hit middle age. This supports the theory of midlife crisis.

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

According to Seligman, there are three aspects that need to be changed in order to create authentic happiness. First, we need to be happy with our past. We can do this by focusing on the good or positive rather than the bad parts of our past. The next is to be happy with the present. This is by doing things we like to do and that is good for us, in other words; self-care. And lastly, we need to be optimistic about our future. We can do this by finding and thinking about things we can look forward to as we grow older.