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Reflection 9

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

Enright's four-stage process of forgiveness are, uncovering anger, deciding to forgive, working on forgiveness, and discovery and release. Forgiveness is a process, and it does take time. Once you decide to release the hurt and the pain of some wrongful hurt from someone, the pain is still there but holding on to the hurt does more harm than good.

Is there sure a thing as midlife crisis?

Erikson refers to this stage in the life as generativity vs stagnation. "Although midlife is a time of reflection, there is not much empirical support for the popular notion of a midlife crisis." (Ashford. 2018, pg. 405). "Midlife crisis" is viewed as a decreased in satisfaction during this time in a person's life, but anyone can experience a decreased in satisfaction in any stages in their life.

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

The three fundamental aspects that need to be changed are:

1. "Being happier about your past." That one should stop believing that the negative things that happened in the past can determine your present and future. One needs to be thankful for the good things and forgive past wrongs.

2. “Being happier about your present.” Pleasure over gratification. The things we find pleasure in is temporary and fleeting but the things bring gratification are the things that we like but it is humbling, and it builds character.
3. “Being happier about your future.” This is about being optimistic and hopeful of what’s ahead. This builds strength in wanting to face new challenges and taking on new roles to where life takes us. (Ashford, 2018, pg. 424)

Reference: Ashford, J. B., LeCroy, C. W., Williams, L. R., (2018) **Human Behavior in the Social Environment:** A Multidimensional Perspective. 6th. ED. Cengage Learning.