

Elizabeth Dookie
SWK354
Dr. Devonne Allen
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Reflection 9

Respond to the questions below based on your review of Chapter 9 Middle Adulthood.

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

Robert Enright's four-stage process of forgiveness consists of Uncovering anger, Deciding to forgive, Working on Forgiveness, and Discovery and release. Since forgiveness is a rational process it won't occur without a person making significant changes in their feelings or beliefs. The act of forgiving is one of the basic processes that maintains long term personal relationships functioning. It also involves only the person who was hurt.

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

Midlife can be a difficult time and women often do a lot of "midlife reconstruction." As for men, their needs are less likely to be in conflict. Women often address conflict needs and feel empowered enough to come up with their own answers during this time. They also deal with role strain and role conflict that leads them to search for greater integration.

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

Seligman's perspective is that happiness has three fundamental aspects. These are the Pleasant Life, the Good Life, and the Meaningful Life. The Pleasant Life is realized if we learn to appreciate basic pleasures such as companionship, the natural environment and our bodily needs. He also teaches us that authentic happiness contrasts with a mass of momentary pleasures which are "shortcuts to feeling good."

