

Reflection #9

Joseph Kim

SWK354/SWK554: Human Behavior in the Social Environment II

Alliance University

Professor [Tricia Philbert](#)

3/29/23

Reflection #9

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

1. Uncovering anger
2. Deciding to forgive
3. Working on forgiveness
4. Discovery and release

These stages of forgiveness allow not just a benefit to the person being forgiven but beneficial to the forgiver. As part of Enright's research back in 2004, forgiveness was healthy mentally.

“And the act of forgiving appears to be one of the basic processes that keeps long-term personal relationships functioning” (Ashford, 2017)

This results from the person discovering the different ways of viewing injurers and the cause and event of things. A view that has more grace, is stress-free, and joyful.

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

I believe that there is such a thing as a midlife crisis.

“a period of emotional turmoil in middle age characterized especially by a strong desire for change” (Merriam-Webster.com)

A transition of when a person of 40 to 60 years of age can be wanting to be youthful again due to the growing age of their mortality coming to an end. That there are people out there who have depression, anxiety, and regret even for their current lives. To grow old with regret that affects you mentally at a rate that causes depression or the fear of death is itself a crisis. That's why Jesus's gift holds such importance.

3. According to Seligman, what three fundamental aspects must be changed to create

authentic happiness?

1. Being happier about our past.
2. Being happier about our present.
3. Being happier about our future.

“Midlife is an excellent time to reflect and act in a way to bring these new positive psychology discoveries into daily living.” (Ashford, 2017)

I believe that it is very important to let go of the past and not worry about the future but to embrace the now. Focusing on what's in front will be much easier and more affective by learning from the mistakes better. As Master Oogway had said, “that is why the present is called a gift”