

Joshua Fleming
Human Behavior 2
Dr. Allen
3/28/2023
Reflection

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

Enright's first of the four stage processes of forgiveness is **uncovering anger**, which is identifying and admitting that they are holding resentment towards a certain individual or situation. The second stage is **deciding to forgive**, which is a choice to not only want, but also is willing to find reconciliation in a certain core place of anger. The next stage in Robert process of forgiveness is **Working on forgiveness**. It's the act of taking active steps to making things right, such as communicating with another individual, forgiving self, or finding ways like therapy for example to deal with past grief. Enright's Final stage in process of forgiveness is to **discovery and release**, which is coming to grips of serenity and understanding the effects that cause to self and others isn't worth holding on to; and knowing that some situations can't be controlled, and by knowing this helps one to release the attachment of a burden of anger and bitterness.

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

Midlife Crisis is technically a myth; although researchers believe that a human midlife can begin at the age 35 for men and 39 for women; it's an age where people more often to experience more health risk or psychological thoughts on one life.

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

Seligman three fundamental aspects need to be changed to create authentic happiness are the Pleasant Life (pleasures), the Good Life (engagement), and the Meaningful Life.