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Reading Assignment

In this sixth chapter, the sentence saying that: "a little stressful, but balancing two conflicting ideas at the same time is less stressful than continuing to search for a perfect solution" caught my attention. In the majority of cases of difficulty or problem, we very often seek the perfect solution to eliminate the problem, while many times there is no solution we just have to learn to live with what torments us.

I also know good stress and bad stress. Before reading this chapter I did not differentiate between them, but this chapter makes me aware of the difference. Good stress is short-lived and it inspires and motivates us, focuses our energy and improves our performance.

Bad stress, however, is the one that wears us down, makes us nervous, and harms our health. Bad stress, or distress, can lead to anxiety, confusion, poor concentration, and decreased performance.

General, the Two/And the Thought theme is a new theme I learned in this chapter that is a mindset that can change reality, relieve anxiety, promote healing, and encourage relationship growth.

Both/and say we can and almost certainly will feel more than one thing at a time. For example, children may feel both gratitude and resentment at the pressures of parenthood. We can feel you are both elated by a high position and overwhelmed by the sacrifices it demands.

Grief Counseling and Grief Therapy

From this chapter I know to differentiate when a client comes with a self-diagnosis and for some kind of medical or psychiatric problem.

Self-diagnosis is the process by which individuals observe in themselves the symptoms of a pathology and identify a disease or disorder on this basis without medical consultation. Here, these individuals could appropriate behaviors or dispositional traits determined by the context, to the symptoms. Therefore, based on what the client encounters, we can determine if it is a self-diagnosis.

Come for a kind psychiatric problem. When the client feels paralyzed by stress, cannot control his emotions, depression interferes with his ability to function, or notices these or similar symptoms in a loved one, he decides to see a professional without knowing the exact reason for his problem.

I learned in the reading portion of anticipatory grief which is the normal grieving process that occurs when a loved one is still alive and awaiting death. This type of grief reaction usually occurs when someone has been diagnosed with a terminal illness or has suffered from a chronic illness for a long time.

Patients with terminal illness, as well as their family members, friends and caregivers, often experience anticipatory grief. I realize that this type of grief can also affect other types of loss. For example, a person who puts notice at their job may mourn the loss of friendship they expect to occur when they no longer see their current co-workers every day.

Grief and Loss Across the Lifespan

Middle adulthood is the period of development that occurs between the ages of 45 and 65. During this stage, physical changes begin to occur which show that the body is aging. These include skin that begins to lose its elasticity and gray hair that occurs due to loss of pigment. At this stage, only women are likely to experience menopause.

I understand from this chapter that midlife is a time of transition in which one retains past self-images while forming new ideas about the future self. Greater awareness of aging accompanies feelings of youth, and harm that may have been done before in relationships haunts new dreams of contributing to the well-being of others.

I also learned that middle-aged adults also experience the death of loved ones more frequently than in their younger years. Losses of life, which include the onset of chronic health conditions, divorce and career transitions, become more common in adulthood.