

Reflection # 9

Questions.

- 1—Describe Robert Enright's four stage process of forgiveness.
- 2—Is there such a thing as a mid-life crisis ?
- 3—According to speilman what three fundamentals aspects need to be changed to create authentic happiness ?

Answers.

- 1— Robert Enright's four stage process of forgiveness

The uncovering stage —During this stage the individual must decide whether he or she wants to uncover/confront or simply avoid the painful, hurtful and terrible act or acts that caused the forgiveness they have within them.

The Decision/Turning Point—During this phase the individual will make a cognitive or intentional decision to begin the work of forgiving the individual or individuals that have hurt him/her.

The Work Phase— During this phase the individual will focus on working on understanding and objectively studying and trying to understand the individual's intent or motive of the offense that has caused the hurt /pain. It is in this phase that an introspective and non-judgemental effort must be put forth by the hurting, traumatized person.

The Deepening Phase— During this phase, the compassion, and mercy of the person who once was held captive by unforgiveness begins to give birth towards others. Because the person sees that he or she too has

caused pain and hurt towards others too. And forgiveness is needed for him/her.

2— Yes, there is such a thing as a mid-life crisis. Mid-life crisis is simply when one reaches his/her forties or early fifties and begins to reflect, research and re-evaluate all he or she has accomplished, acquired, achieved. And if the person is not pleased with their evaluation, he or she can become despaired, discouraged, and depressed. And along with the decrease in hormones such as estrogen and testosterone, and if there are other issues of financial struggles, employment, etc all of these can cause mid-life crises.

3— As per Speilman, the three fundamental ingredients or elements are

Positive Emotion—Which has a lot to do with pleasure and feeling good activities. But this does not last long, it is temporary and like happiness in my opinion is temporary. A deeper purpose is needed.

Engagement — During this phase, an interpersonal, relating, engaging and exchanging with others in a community like atmosphere is occurring.

Meaning—- During this phase one realizes that there must be a bigger picture, purpose, or duty to living other than making oneself feel happy with material and emotional acquisitions.