Facing adversity is a common occurrence in current society and, as shown in the research text, Jonathan Haidt is a strong advocate of development and positive growth in the aftermath of an adversity. Haidt's book, The Happiness Hypothesis, mentions that 'People need adversity, setbacks, and perhaps even trauma to reach the highest levels of strength, fulfillment, and personal development.' Also, he writes that 'rising to a challenge reveals your hidden abilities, and seeing these abilities change your self-concept.' Through finding the sources from the research text on the topic, I can conclude that all 4 sources agree on a general scale that positive change after facing adversity is a strong, realistic possibility that everyone should experience.

Firstly, all the sources agree that individuals who face adversity show positive increases in personal growth and life priorities. Firstly, Jonathan Haidt provided an example of a victim, Greg, who discovered that his wife and children had not died in a car crash, but instead left him for another man his wife met a few weeks earlier (130-132). This devastated Greg, whose entire life disappeared all of a sudden. Although, his family returned after a few months, Greg could not go back to his previous life. Raising his children on his own with the little salary he gets was tough, and meanwhile he began the long and painful process of rebuilding his life. However, after a few months of getting through the recovery, he found himself 'reacting to others with much greater sympathy, love and forgiveness.' Gone, but not forgotten, the event helped him to experience more joy from each day with his children than he did before the crisis. The author of source 2, Tedeschi, Park and Calhoun, mention in their book, Posttraumatic Growth: Conceptual Issues, that 'The losses and the confusion of traumas can cause some people to rebuild a way of life that they experience as superior to their old one in important ways (Tedeschi, Park and Calhoun).' Although the aftermath of a trauma may leave one's life in ruins, 'The devastation of loss provides an opportunity to build a new, superior life structure almost from scratch (Tedeschi, Park and Calhoun).' Furthermore, they support this by saying that 'In the long run, individuals may value what they now have, and the process of creating it, although the process involved loss and distress.' This is a summary of the event that Greg faced in Haidt's book, which proves that one is able to find the positives in a troubled situation. The next source, authors John A. Updegraff, Shelley E. Taylor whose article: From Vulnerability to Growth: Positive and Negative Effects of Stressful Life Events support this argument by mentioning 'Studies have shown that typically over half of individuals who experience a traumatic life event report some degree of positive outcomes as a result, including changes in self-perceptions, social relationships, and life perspective.' The authors here attest to the thoughts of Haidt and the second source as well, as shown from the quote mentioned. Lastly, Alex Linley and Stephen Joseph mention that 'it is through the process of struggling with adversity that changed may arise that propel the individual to a higher level of functioning than that which existed prior to the event.' Hence, overall all four sources do agree of the ability to recover stronger from adversity.

Another similarity between all the sources is that the relationships with social networks show encouraging improvement after the facing of adversity. Jonathan Haidt takes the example of a victim of cancer, or when a couple loses a child, some friends and family members rise to the occasion and look for any way they can to express support or to be helpful. Others might turn away, perhaps unsure of what to say or unable to overcome their own discomfort with the situation. Nevertheless, he says that ' adversity strengthens relationships and it opens people's hearts to one another (pg 133).' Also, he supports his view by quoting a study which found that 'one of the most common effects of losing a loved one was that the bereaved had a greater appreciation of and tolerance for the other people in his or her life (pg134).'
Alex Linley and Stephen Joseph mention in their article that 'Evidence is mounting that when stressful events occur in conjunction with high levels of social support, they can have positive influences on mood and on psychological growth.' This is similar to what Haidt mentioned in his book previously. Tedeschi, Park and Calhoun attest to this as well. They mention that 'Providing help to other in difficult circumstances can also allow additional healing and the recognition of one's strength through a downward social comparison with those who are still struggling (pg 12).' Lastly, the final source says 'Life crises force people to take a

dependent and receptive stance toward their external environment that may necessitate the solicitation of help from family and friends.' In conclusion, all the sources here accept the fact that social relationships are vital and is a factor in helping one to recover from adversity.

All my keyword sources have similar thoughts on recovering from adversity. One of which is that negative thoughts or lack of distress during the recovery period does not necessarily mean a lack of development. Source A says that 'Negative, compared to positive, emotions have a larger impact on affective judgments, beliefs and behavior, the viscera and even event-related potentials.' This means that even-though someone is solely focused on the negative aspects of the event, helping to reduce the negativity will help speed up the process. Source B quotes a psychologist, Freud, who emphasized strongly that 'the critical importance to all bereaved individuals is to work through the negative thoughts, memories, and emotions about a loss.' Also, the source further says that ' A study conducted by (Bonanno, Wortman, et al., 2002) showed strong evidence in support of the idea that many bereaved individuals will exhibit little or no grief and that these individuals are not cold and unfeeling or lacking in attachment but, rather, are capable of genuine resilience in the face of loss.'

Another similarity between my sources is that they all strongly believe that resilience can be developed after facing an adversity. Source A says that 'It is through the process of struggling with adversity that changed may arise that propel the individual to a higher level of functioning than that which existed prior to the event. ' Although resilience was not specifically mentioned, it is part of the 'higher level of functioning' that was part of the meaning of the sentence. Jonathan Haidt of the research text says that 'The person who has had more experience of hardships can stand more firmly in the face of problems than the person who has never experienced suffering.' In other words, one who has faced adversity can learn from his/her past and help boost their confidence to face harder challenged in the future. Furthermore, Source B proves this by saying 'The ability to withstand the tension of feeling both positive and negative emotions may represent an important human strength.' Also, source C explains that resilience can come in many forms, namely which are Hardiness, Self-Enhancement and Positive Emotion and Laughter. Hardiness 'consists of three dimensions: being committed to finding meaningful purpose in life, the belief that one can influence one's surroundings and the outcome of events, and the belief that one can learn and grow from both positive and negative life experiences.' Self-Enhancement includes traits such as high self-esteem, and that people with high self-esteem were rated by mental health professionals as 'better adjusted' and 'proved to be particularly adaptive when suffering from more severe losses.' Finally, research from source C has shown that 'positive emotions can help reduce levels of distress following aversive events both by quieting or undoing negative emotions and by increasing continued contact with and support from important people in the…person's social environment.'