

Naikan revised essay



**ASSIGN
BUSTER**

In chapter 3, we have looked through four different cases of confessions. Although clients were not young in terms of age, by practice Naikan, the he thinks changed significantly within a week.

A great way to remember someone or something us through traveling; as such where memory unravels in this way you can think back of what had happened to a certain individual. It is also a better idea to think about the wrongdoings and be able to change and make better and responsible decisions. However there's a negative connotation with this confession; is where the clients make themselves as guilty as possible.

For example, Noriko was just a young girl when she hated what her father have done to her, although the reason why his father had done it was understandable in a certain way but definitely was not appropriate for little Noriko, she was too young to understand certain situations. However, she is all grown up now, her maturity level has increased and that would let her understands her father better, if will be in the same position she went through before. She would definitely act the same way unless her father will change his attitude first. On the other hand, it is not only Noriko's fault nor her father's fault.

What I'm trying to explain is that Noriko was also the victim of choosing wrong communication system. Instead of grieving for being such bad daughter when her father was still alive, she should be contemplating on not being honest at that time. The main issue is that both of them should have been honest and had an open communication, and they shouldn't be hiding who they really are. If father only told her that he is sick and asked for

understanding, the situation would be whole lot better. If Noriko ever told her father that she sometimes scares of him, the situation would have gotten better a long time ago.

Guilt makes everyone weak, something happened for a reason, and what's essential is that you'll be able to learn from your experience, put it into practice and move on for a better life and make you a better person.