

Good example of essay on significant life event

[Technology](#), [Development](#)



Life events are useful if they can be reduced to a finite number that can be recognized either as stressful for individuals. Significant life events can both be positive and negative unlike people think and feel. It is always helpful if life events are rated in some rational way basing respect in the impacts of the events. Importance should be based on personal attributes with the context in which the events of life occur and how they shape personal meanings that are attached to such events (Thomas et al, 2003).

Developmental scales are often attached in measuring the impacts of life events. This essay aims at selecting a significant life event that occurred to me before adulthood, use different perspectives in psychology to describe the event and determine learning that may have resulted from a life event. Further, the memory of the event will be discussed as to whether it is accurate or not.

A significant life event that occurred in my life before reaching adulthood was the publishing of my first book named “ Moments of Life”. This book was an opening for me into the world of literature. My significant life event is attributed to cognitive and behavioral therapies. The cognitive approach in psychology applied in my significant event functioned on how I thought. The issue of publishing a book before reaching adulthood was a wish for me and I kept on thinking about it as a success that would better my life. My positive thinking ensured that I worked hard towards my publishing. I had to review my purpose of writing the book and ensured that all the moments of life that were important were considered such that all stages were discussed. My thoughts ensured I acted by publishing my book and making a success in my life (Mason, 2003). Behavioral therapy helped me to attribute my actions

towards publishing of the book. Having in mind that my aim was to publish the book before reaching adulthood, my behaviors worked towards that including reading several literature books and attending literature seminars. Further, I involved my parents in the publishing including financial support. Classical learning resulted from my life event of publishing my first book before attaining the age of eighteen. As classical learning talks about loose connections between the conditioned stimulus and unconditioned response, my behaviors together with those who helped me attain the event like my parents applied (Wright, 2007) . I, my parents and some literature directors worked hard towards the publishing of my book. I became so much responsible that I could only work towards my publishing and ensured proper editing and printing of the book. Consulting printing presses was never enough and I had to visit them for more advice on the color of the book, the fonts to be used and pictures that could be attached to some information. Conditioned stimulus applied in my timing of the revision of the book's editing. I would the unconditionally respond by visiting my consultants during the day for more information, problem identification and making of corrections. My consultants wanted a daily visit to make the publishing of the book perfect if not close to perfect and I actually did that. When the times of consultation came, I would confidently walk to my consultants and ensure the publishing of the book went on well by perfecting it.

In conclusion, my memories of the publishing of the book may not be accurate completely. The achievement of the publishing took much time and some challenges accompanied my progress. It was during the progress of my publishing that I faced some financial problems and this really interfered with

my memories. The memory during the progress to publishing my book became more concentrated on the financial issues and some issues of the progress became less important to have in memory. The journey to publishing my first book also took a long period and it has been long since I achieved it thus the memories are a bit forgotten.

References

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