Moving Forward Reflection

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1. Moving Forward is the fantastic initiative by the Brandon which is all about converting the lemons of the life into lemonade. This is the program that invigorates the human spirit and makes him stronger in the face of his odds, difficulties and challenges. The main idea of this self-help training program is to empower individuals against their daunting circumstances (“Moving Forward: Overcoming Life’s Challenges,” n.d.) and meet them effectively.
2. The problem-solving attitude and the approach matter a lot in the quest of facing challenges. Some persons are optimistic and they see the bright side of the problem. Whereas, others are pessimist and they focus much on the problem rather than solution. I am the positive problem-solver. I focus more on the opportunities and the concept of blessing in disguise.
3. I have learned several strategies to solve my problems. These strategies are varied in nature. For instance, problems may appear giant when brain is overloaded. So, it is best to deal with the problems one by one, not at once. Also, the effective problem-solving gets hindered when there is more stress in life. Thus, several strategies are there to minimize the effects of such problems even in the process of problem-solving.
4. The fundamental principles of community psychology is about respecting diversity, focusing on the right context and environment, social change, and more focus on strengths and capacities (Duffy, Moritsugu, Vera, & Wong, 2014). If all these principles are applied to the Moving Forward, this will really raise the effectiveness level of the program. As individuals are different and unique in their personalities, so it is the best approach to care for diversity. Moreover, no one can deny the value of right context in problem-solving process. Hence, this application of community principles in the Self-help program will also bring positive social change in the society.

  **References**

Duffy, K. G., Moritsugu, J., Vera, E., & Wong, F. Y. (2014). *Community psychology* (Fifth Edition). Boston: Pearson.

Moving Forward: Overcoming Life’s Challenges. (n.d.). Retrieved June 22, 2019, from https://www.veterantraining.va.gov/apps/movingforward/index.html#\_