

Finding Fish Reflection

1. In reading *Finding Fish* by Antwone Quenton Fisher, I learned that human beings are very durable in their ability to bounce back from horrible things happening in their lives and turning it into a good thing. Antwone was abused as a child and suffered through depression and poor self-esteem throughout life only to come on top of his circumstances by becoming a famous screenwriter, marrying a great woman, and having a beautiful daughter.

It has changed the way I feel in life that one moment doesn't define who I am. I can always change myself into something I can be proud of. I also learned that through determination, I can do just about anything I set my mind to. I may not get it done the first time but with patience it will happen eventually. This is shown through Antwone's determination to not be homeless and joined the navy, which gave him a home and family.

2. This assignment enhanced my understanding of the course material of developmental psychology by showing me the stages of development, the effects of abuse, and how even the things that happen when one is a baby can effect one still as an adult. Antwone shows this through his attachment and mistrust issues throughout the story.

I plan on using the information I learned to not judge people because you never know what someone is really like. You may not know what they are hiding, just as Antwone hid his past abuse and home life from everyone. I also plan on using what I learned about parenting if I become a parent in order to raise my children as best as I can.