

**Beginning of Life:**

A period of conforming to what others expect and want us to be.

**Midlife examination**

begins between ages 28–32, when we begin to question the idea of being who we want to be or who others expect or want us to be.

A person might say, “Do I have to believe and act like my family and culture advise, or can I believe and act on what I feel is right for me?”

**Midlife crisis:** A person feels and acts upon a sudden and intense pull toward extreme self-centeredness that will balance out in time, but the person will never return to the conforming and out-of-balance self of their younger years.

Authenticity and individuality will be a new and necessary theme for living that will take them to the end of their life. To friends and family, it looks like they have lost their mind, but the truth is, they are finding themselves.

**Beginning of Life****Ages 28–32****End of Life**

**What happens:** If a person is out of balance in their younger years, with too much work and sacrifice and not enough play and/or freedom, the subconscious mind will propel them into a period of self-examination about how they really want to spend their life. The question is: “Do I continue conforming and sacrificing, or do I find something in this life for myself? What do I want?” The person will feel an enormous pull to find balance and be true to themselves. If this is not acted upon organically, an ungraceful midlife crisis that masquerades as temporary insanity will ensue that confuses and confounds family and friends.

- This model applies to both genders.
- The more rigid and sacrificing the person is early in life, the more they are setting themselves up for the midlife crisis.