

This week's reading on middle life was a little depressing. It seems like several different life stages are lumped into a big age range (early 40's to mid 60's). In fact, this is the first life stage that both myself AND my parents are in at the same time.

I agree with the books take on midlife being a time for growth and progression Vs. decline and regression. Some of the best things have happened to me in midlife. As the book noted, this is a time when we're at peak mental capacity and also maturity. I feel like both those things have helped me to experience the largest amount of personal growth that I can remember. My maturity level has allowed me to synthesize lessons much quicker than I used to.

In fact, this maturity and personal growth has led me to have a great sense of generativity. In fact, it was one of the reasons I wanted to change careers and start the MFT program. I had a strong desire to help others and share my past experiences. I can definitely see however that a failure to do so could lead to self-absorption and stagnation. There are other people in my life who have not found a greater calling. They find themselves unhappy with their current life status despite having many financial, familial and health blessings.

The thing I'm feeling apprehensive about in middle life is the changing of family roles. I love the fact that my children are old enough to do things on their own but young enough to still need me. I anticipate this will be the case for at least the next 10 years. They're 9 and 15 and I'm 43. Once they leave the house, I'm looking forward to spending time and enjoying life with my husband. What I am not looking forward to is my aging parents. Fortunately my parents are still young (59 & 66), but I see my friends dealing with their aging parents and I think it must be such a heart breaking reality for them.