

Midlife transitions

Reconsidering Priorities in This Part of Life

Adults | 10 to 15 minutes

Midlife may involve work, relationships, health, caregiving, new freedom, disappointment, or possibilities that do not fit a familiar script. You do not need a crisis to reconsider your direction. Choose one area where your current life and priorities are no longer aligned.

Focus on one decision rather than evaluating your entire life. Include constraints and people affected without erasing your own needs.

Review without comparison

Name what still matters and what has changed. Avoid judging your life against an age-based deadline or someone else's milestones.

Test a small adjustment

Consider an information-gathering step, a shared-responsibility conversation, or a modest return to an interest. Major decisions can wait for appropriate practical and professional advice.

1. Which role or priority feels different in this period?**2. What do I want to keep, and what do I want to reconsider?****3. What real constraint or responsibility needs to be included?****4. What small exploratory step would help before a larger decision?****Clinical use and adaptation**

Avoid stereotypes about age, gender, partnership, or parenting. Consider bereavement, discrimination, finances, health changes, and mood symptoms without reducing them to a midlife crisis. Do not encourage impulsive consequential decisions.