

1. The social and emotional changes that occur during adulthood focus largely on the separated personal and work lives of a person. In the work life, a person finds a profession they believe to be valuable (or not, depending on the values of that person), and normally about midlife starts to question it. This can lead to either a career change, a lack of purpose in life, or a re-devotion of energy from work to family. In the social realm, people learn how to manage their emotions better, defining a personal sense of purpose, and finding fulfillment in family and friends.

2. In old age, the body simply starts to function less and less consistently, and breaks easier. Either due to genetic programming, or wear and tear, the body simply cannot consistently survive past a certain age. The mind ages less uniformly, some old people hold their mental faculties well into old age, and others lose memory or cognitive ability earlier.

3. The Kubler-Ross theory of dying is that it goes from Denial, to Anger, to Bargaining (sometimes religious or spiritual), to Depression, and finally Acceptance. The Stoics would advocate a policy of Memento Mori.

4. The age thirty crisis is the feeling that a man must “fix” or “optimize” himself around age thirty, before it becomes too late to change. I think this might be due to the “let boys be boys” social theory that allows men a lot of leeway in their teens/early 20s, and doesn’t put a focus on self-improvement and self-actualization before then. It all kind of builds up, and then they realize. I think it \*can\* happen for women, just less common due to the societal expectations around women’s attitudes.



#### 25-33 year olds have felt...

