Pre programming -> Society tells you what to do -> you do it, but don't feel happy.

Advice works for some people - "Put yourself out there" and "follow your dreams" but not everyone

Problem is that advice depends on the stage you're in

The problem -

Starts with a conception that adult=free, but

Stage 1: Locked In

A sense of being trapped - you make decisions based on external scripts. Commitments you're stuck in, impossible to change, sunk cost

"Outward identity that has been formed... which conceals a more authentic sense of self"

Phase 2: Separation

very emotional - guilt, sadness, anxiety
    excitement, shame, relief
oscilations of upbeat self confidence
and self disgust

external expectations -> false identity, but
now we've shed that, and have an
"identity vacuum"

2b: Time-out

best thing to do - dive into the
separation - take a break. Don't
cling to your old life, embrace
the separations

about taking a step out of life
ex. travelling to find yourself

"how do i know i'll make the right
decision?!" for career, relationship, etc.
- this phase also includes avoidance
of the future plans

needing to have a plan undermines
this, you don't need a garuntee success
                                    Path

people are scared of wasting time, so they want a definite, guaranteed path to follow
not willing to tolerate uncertainty
- you've already tried and wasted time once, so you can't afford to do it again
  ↳ keeps you stuck in 2A

You're not ready to make a plan

Phase 3: Exploration

- trying out new goals/commitments
- finding things that better align w/ internal values
- self becomes a question, not an answer

discovery → crafting

many assume there's a right answer out there, and that they don't have the time to experiment

there is no right answer out there, it has to be crafted

and you can't move onto this exploration if you're still hung up on your past identity/values

Phase 4: Rebuilding

new engagement with long term plans that are intrinsically motivating

inner values are expressed outwardly, leading to authenticity

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a crisis helps overcome change inertia