

# 人生慣性系統—「青年危機」、「中年危機」渴望打破現有運行軌跡的慣性 Life's Inertia System - The inertia of “Youth Crisis” and “Midlife Crisis” that longs to break the existing trajectory of operation.

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人自出世以來就處於一個巨大的慣性系統，從被父母的原來的慣性狀態影響外，到被原生地的社會價值觀、教育、各種媒體以及親朋戚友等等逐漸塑造成一種特定的方向的運行軌跡，成為「命運」。所謂「青年危機」、「中年危機」等等其實是我們在人生的不同階段對人生慣性的不安，內心渴望衝破現有的運行軌跡。要想擺脫慣性（命運），要不是對「慣性本質的觀察研究」以及對「內在的反思」後擺脫慣性，要不是就需要靠外力從外部打破慣性的運行軌跡。

除此之外，別無他法。

Since the birth of humanity, we have been part of a huge inertia system. Apart from being influenced by our parents' original state of inertia, we are gradually shaped into a specific trajectory by native social values, education, various media, and family and friends, etc., and this trajectory becomes our “destiny”.

The so-called “Youth Crisis,” “Midlife Crisis,” and so on are actually our anxiety about the inertia of life at different stages, and our inner desire to break through the existing trajectory. To get rid of the inertia (destiny), we either need to observe and study the nature of inertia and reflect internally to break free from it, or rely on external forces to break the trajectory of inertia.

Apart from these methods, there is no other way.