



WELCOME!

The unique shifts, questions, and inner “stirrings” of our **midlife years and beyond**, and the unique gifts they bring, are a special focus in my practice. *“What’s normal? What’s not?”* and *“Who am I now?”* are typical questions during these years. I consult with individuals, in midlife and beyond, to help them gain a clearer sense of identity, purpose, and meaningful next steps.

During these transformational phases of life, the landscape becomes unfamiliar... relationships change... and so do we. Some experiences in our middle years and beyond feel overwhelming and hard to manage; they can make us afraid of what is to come. In some lives, these experiences show up suddenly; in others, they creep in, almost unnoticed until, one day, it hits us--- *“What is happening? I don’t feel ‘normal.’ The ground is shifting under me. What is this confusion and ‘stirring’ in me?”*

This unfamiliar territory with “strange” inner and outer shifts is mostly about inner transformation and our personal process of becoming Who we are---*really*. It is one of the most powerful journeys of our life!

⌘ MIDLIFE CIRCLE EVENTS

Turning 50? 60? Creating new independence?
Gaining wise perspective, a life with new meaning?
Gather, share, and celebrate the journey.

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“What’s Normal? What’s Not?”

During our midlife years we enter a period of uncertainty. Our values are shifting and the foundations of our previous assumptions about life begin crumbling. We may feel unsure, even undeserving, of our achievements. Our thinking may feel cloudy; we are not sure if we really know what we know!

The challenges and adjustments of midlife show up in many ways. Two of these include **anxious mood and depressed mood**. Some aspects of these are considered “normal” parts of the midlife experience. Other aspects, however, are not normal; they call for professional assessment and support.

To understand which anxiety and depression experiences are “normal” in midlife and which are not go to: www.drmarthaelin.com/MidlifeCheckIn.html or to my book, *Midlife Check-In: Who Am I Really?*



Midlife Resources on My Website

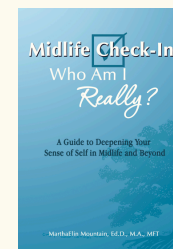
- “What A bout Hoarding?”
- “Our Feelings Suppressed”
- “List of Books about Midlife”
- “Fears and Fantasies That Keep Us From Letting Go”
- “Why Is Letting Go Important?”
- “What’s Normal? What’s Not?”

Visit:

www.drmarthaelin.com/Links.html

“What Is “Stirring” in Me?” The 3 Psychological Phases

Midlife promises us many emotional and psychological gifts, as we move in and out of its **3 psychological phases**. Over time, for example, we become less compelled to repeat self-defeating behavior patterns, we get better at letting go of defenses that hold us back, and our wiser mind prompts us to *do* something, rather than despair, about a difficulty. As we shift and grow psychologically, we grow more in tune with what truly matters to us, with what is *real* in us.



Do you know which **psychological phase or phases you are in now?** **The Midlife Checklist**® will show you. This research-based assessment tool includes 50 inner experiences and outer behaviors that are typical of

women and men in their midlife years and beyond. Your **Midlife Checklist**® results reveal and explain where you are now, on your journey of personal transformation, along with other valuable information.

Find the unique **Midlife Checklist**® in my book: **Midlife Check-In: Who Am I Really? A Guide to Deepening Your Sense of Self in Midlife and Beyond.**

Available online and locally.

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www.drmarthaelin.com/My-Book.html