



3 Simple but Powerful Practices for **Men at Midlife**

As you inhabit your mid 40s and beyond, you may sense something within you has been trying to get your attention. It's a subtle but persistent signal like a 'check engine' light. Outwardly, your life might appear fine, even enviable, but internally, something feels off; and ignoring it doesn't seem to be helping

Perhaps your career, once a source of ambition and motivation, now leaves you with quiet discontent. Relationships that once felt rich and meaningful now seem shallow, leaving you craving a deeper connection. This inner stirring nearly always brings confusion and inner questioning...

Will I ever be **content**?

Am I being **true** to myself?

How do I create deeper **connection** with others?

You're not alone. Many men in midlife experience this turning point, torn between everyday routines and the desire for something more authentic. But where do you go from here?

Psychologist Carl Jung explored the challenges of midlife, suggesting it's not just a time to coast toward retirement, but a period of profound transformation—a turning point. He identified **three essential principles** that can guide you toward a more authentic, fulfilling life.

1 Commit to Self-Exploration: Uncover the Real You

Midlife invites you to discover the parts of yourself buried beneath years of responsibilities and societal expectations. These hidden aspects may include desires, dreams, and passions we've ignored in favor of goals that fit the outside world's definition of success. Jung suggested that this phase is less about "doing" and more about "being." Instead of asking, "What do I do next?" ask, **"Who am I, really?"**



3 Practices for Self-Exploration:



Creative Expression: Find a mode of expressing yourself that you already enjoy or are curious about. Art, music, writing are great examples. It's about the process, not the outcome - this can unlock emotions and insights long buried.

Journaling: Spend a few minutes daily writing without judgment. Patterns will emerge, revealing what you've been ignoring, avoiding, or struggling to detangle.

Group Process Work:

Join a men's group where you can share your journey with others; getting support through connection and vulnerability can ease isolation and pressure.



Self-exploration isn't indulgence—it's essential. It's a practice that can help reconnect you with your true self, beyond the roles and achievements that once defined you.

2 Confront Uncomfortable Truths: Face What You've Been Avoiding

Midlife often reveals truths we've resisted—perhaps your career, while successful, feels hollow, or your relationship with your spouse feels unstable or disconnected. These truths, though difficult to face, hold the keys to deeper fulfillment. Avoiding them only perpetuates a cycle of discontent.

Jung emphasized confronting your "shadow" side—parts of yourself that you dislike or have hidden. Acknowledging these truths allows you to make conscious choices moving forward, instead of staying stuck in discontent. It's not easy, but it is liberating.

3 Key Truths to Confront:

Career dissatisfaction: Are you going through the motions in your job, or are you genuinely passionate about what you do?



Unfulfilled dreams: Are there passions you've ignored out of fear or busyness?

Relationship reevaluation:
Are you being authentic in your personal relationships, or are you hiding your true self to maintain peace or comfort?



Facing these truths is not about beating yourself up, it's about using them as a mirror for growth. Facing them empowers you to consider and choose what you truly want. Radical honesty is a critical step in transforming your life.

3 Be Open to Change: Let Go and Embrace What's Next

Change is inevitable in midlife, but rather than resisting it, embrace it consciously. Holding on to outdated roles or habits can create the very unease you're trying to escape. To truly evolve, you need to release the notion that you must have everything figured out.

3 Principles of Embracing Change

START
SMALL

GET
SUPPORT

LET GO
OF
PERFECT

- **Start small:** You don't need to overhaul your entire life. Begin with small, intentional changes—try a new skill, shift your routine, or have a difficult conversation.
- **Get support:** Surround yourself with people who are committed to growth—whether through friendships, coaching, or mentorship.
- **Let go of perfect:** Midlife isn't about maintaining appearances. Embrace your imperfections and allow yourself to evolve.

Often, the unease you feel in midlife stems from resisting the **natural evolution** of who you are. Change is about letting go of control and embracing the process of redefining yourself. As uncomfortable as it may feel, openness to change means trusting that the discomfort you feel is a necessary part of the transformation—it's the gateway to greater meaning and connection.



Midlife: A Turning Point

The sense of discontent you feel is not a sign that something's wrong. It's an invitation to go deeper, to explore who you truly are, to face the truths you've been avoiding, and to embrace change.

Remember, the tension of midlife is a bridge to your next chapter. By committing to self exploration, confronting the uncomfortable, and opening yourself to change, you can unlock increasingly authentic versions of yourself. This potent stretch of life is an opportunity to live with greater purpose, not just for you, but for the people who matter most in your life.

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facilitates one-on-one coaching and men's groups for midlife men who want to transform their lives with **deeper connection, purpose, and fulfillment.**



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