

## Four Phases of Adult Development

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Ages 30                      40                      50                      60                      70                      80                      90                      100+

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### I Midlife reevaluation - Quest -----

mid 30s to mid 60s

**Quest**  
 Quest rather than crisis  
 Confront sense of mortality

brain – plasticity – 100 billion neurons  
hippocampi and increased corpus callosum – bilateral involvement  
 post-formal thinking – more balance, perspective, intuition  
 inner push spurs developmental intelligence

### II Liberation - Innovation

mid 50s to mid 70s

**If not now, when?**  
 Speaks one's mind  
 Retirement – new use of time

brain - hippocampi increases post-formal thinking ability and intuition  
 dendrites – greatest density 50s to late 70s  
 myelin peaks in volume increasing brain communication

### III Summing up – Recapitulation, resolution, contribution

mid 60s through 80s

**Keepers of the culture**  
 Urge to share wisdom  
 Find meaning in life  
 Look back and share your story

brain – hippocampi – more bilateral involvement  
 use both left and right in tasks and recall  
 increases capacity for autobiographical expression

### IV Encore – Continuation, reflection celebration

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 late 70s to end of life

**Vitality of spirit**  
 Reaffirms major life themes  
 Explore novel variations  
**Have a positive impact**  
**Live well to the very end**

brain – hippocampi – new neurons,  
 dendrites, synapses  
 in 80s and 90s as creative as before,  
 takes longer

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