



• PROBLEMS IN MATURE INDIVIDUALS:

— By age 30, about one in four Americans will experience depression, and one in three will experience anxiety.

#### PURIFICATION AND RECONSTRUCTION

As a person matures, life's challenges can lead to emotional growth and other positive outcomes. These include increased self-awareness and improved relationships with others.

#### SYNTHESIZING

With age, individuals may begin to feel more comfortable with their own emotions. This can lead to increased self-awareness and improved relationships with others.