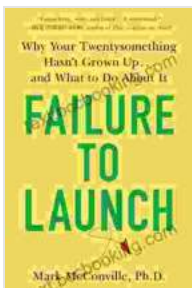


Why Your Twentysomething Hasn' Grown Up And What To Do About It

If you're the parent of a twentysomething, you may be wondering why they haven't quite "grown up" yet. They may still be living at home, struggling to find a job, or making other choices that seem immature. It can be frustrating to watch, and you may worry about their future.



Failure to Launch: Why Your Twentysomething Hasn't Grown Up...and What to Do About It by Mark McConville

★★★★☆ 4.7 out of 5

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Enhanced typesetting : Enabled
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Print length : 320 pages



The good news is that there is a reason for this. Twentysomethings are going through a unique developmental stage called emerging adulthood. This stage is characterized by a period of exploration and experimentation as they try to figure out who they are and what they want to do with their lives. It's a time of great change and growth, but it can also be a time of confusion and uncertainty.

As parents, we can play a vital role in supporting our twentysomethings through this transition. By understanding their developmental needs and providing them with the guidance and support they need, we can help them to reach their full potential.

Understanding Emerging Adulthood

Emerging adulthood is a relatively new concept in the field of psychology. It was first defined in the early 1990s by Jeffrey Arnett, a research psychologist at Clark University. Arnett argues that emerging adulthood is a distinct developmental stage that occurs between the ages of 18 and 29. It is a time of significant change and growth, as young people explore their identity, make important life decisions, and develop a sense of independence.

There are five key characteristics of emerging adulthood:

1. **Identity exploration:** Twentysomethings are trying to figure out who they are and what they want to do with their lives. They may experiment with different identities, values, and beliefs.
2. **Instability:** Twentysomethings often experience a period of instability in their lives. They may move frequently, change jobs, or go through periods of unemployment. This instability can be a source of stress and anxiety, but it can also be a time of growth and learning.
3. **Self-focus:** Twentysomethings are often focused on their own needs and desires. They may be less interested in taking on adult responsibilities, such as getting married or having children.
4. **Feeling in-between:** Twentysomethings often feel like they are in-between childhood and adulthood. They may not feel like they are fully

adults, but they are also no longer children.

5. **Optimism:** Twentysomethings are often optimistic about the future. They believe that they can achieve anything they set their minds to.

It is important to note that emerging adulthood is not a pathology. It is a normal developmental stage that most young people go through. However, some twentysomethings may experience more challenges during this transition than others. factors that can contribute to difficulty include:

- **Economic hardship:** The economy has been tough for many twentysomethings in recent years. They may have difficulty finding a job or may be underemployed. This can lead to financial stress and anxiety, which can make it difficult to focus on other aspects of life.
- **Mental health issues:** Twentysomethings are at a higher risk for developing mental health issues, such as depression and anxiety. These issues can make it difficult to function in everyday life, and can make it harder to make progress towards adulthood.
- **Family problems:** Twentysomethings who have difficult relationships with their parents or other family members may be more likely to experience problems during emerging adulthood. They may feel unsupported and alone, which can make it difficult to make healthy choices.

How to Support Your Twentysomething

As parents, we can play a vital role in supporting our twentysomethings through emerging adulthood. Here are some tips:

- **Be patient:** It is important to remember that emerging adulthood is a time of change and growth. Be patient with your twentysomething as they figure out who they are and what they want to do with their lives.
- **Be supportive:** Let your twentysomething know that you love and support them, no matter what. Be there for them when they need you, and offer them guidance and advice when they ask for it.
- **Set boundaries:** It is important to set clear boundaries with your twentysomething. Let them know what you expect from them, and be consistent with your expectations. This will help them to develop a sense of responsibility and independence.
- **Encourage them to get involved:** Encourage your twentysomething to get involved in activities that interest them. This could include volunteering, joining a club or organization, or taking classes. Getting involved will help them to meet new people, develop new skills, and gain a sense of purpose.
- **Help them to develop a plan:** Once your twentysomething has a better sense of what they want to do with their lives, help them to develop a plan to achieve their goals



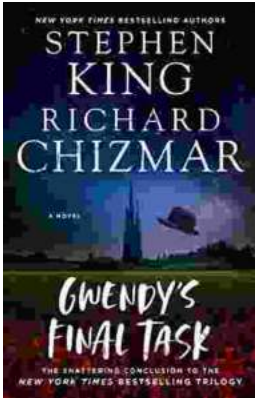
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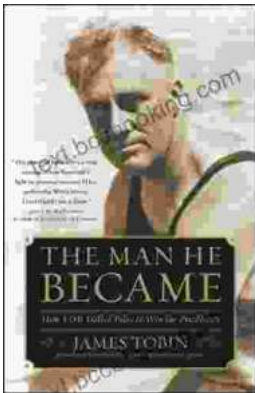
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