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◆ The Questioning Phase Guide ◆

(Complimentary companion to your Midlife Quiz result)



Understanding the Questioning Phase

The Questioning Phase is that uneasy stage where the old identity no longer fits — but the new one hasn't yet taken shape.

It can feel disorienting. You might be asking:

- “Why doesn't this feel right anymore?”
- “What do I actually want?”
- “I need to change — I can't keep on like this, can I?”

It's here that unconscious rules and old scripts start to break down. You may feel pulled between comfort and change, between the life you've built and the one whispering to be lived.



Three States to Avoid in This Phase and a Better Approach

Paralysis by Overthinking

Getting stuck in the “what ifs” when you could journal possible answers and consider constructive options, conversations and outcomes.

Rebellion Without Reflection

Making drastic changes just to escape discomfort. Work on your mental well-being and your ability to remain steady in this liminal space.

Pretending Nothing's Wrong

Pushing down feelings and telling yourself you “should” be happy. Be compassionate with yourself and the position you find yourself in.



What To Do This Week

- Write down 3 “shoulds” or “musts” you hear yourself saying.
- Ask: Whose rule is this? Mine — or someone else’s?
- Notice how your energy shifts when you imagine letting that rule go.



A Simple 2-Minute Self-Check

Pause during your day and ask:

- Am I doing this out of habit... or choice?
- If I didn't feel guilty or afraid, what would I do differently?



Language Shift

Instead of: “I should just get on with it.”

Try: “I’m allowed to ask if this still fits who I am today.”

Instead of: “I can’t let people down.”

Try: “I can honour myself without abandoning others.”



Quick Self-Talk Cues

- “Whose rule am I following right now?”
- “Does this choice align with who I’m becoming?”
- “Discomfort isn’t danger — it’s a signal.”



Signals It’s Time to Get Support

- You’re looping on the same questions without clarity.
- You feel stuck between guilt and desire.
- You keep asking permission to change.



What NOT to Do This Month

- Don't blow up your life to escape discomfort.
- Don't ignore the tension — it won't disappear on its own.
- Don't outsource your choices to others' expectations.



Next Step

Your work in this phase is to notice and question the rules you've lived by — and to begin considering new, value-led choices.

This is where the Midlife Identity Rebirth course delves deeper — providing you with the tools to trace the origins of your rules, challenge them, and step into your future identity with clarity and courage.

For now: keep noticing. Keep questioning. Every honest question brings you closer to alignment.