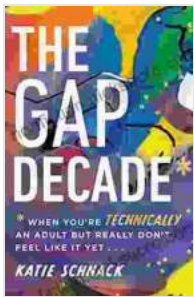


When You're Technically an Adult but Really Don't Feel Like It Yet

The transition from adolescence to young adulthood can be a challenging one. For some, it can feel like an exciting time of new possibilities and adventures. For others, it can feel like a time of uncertainty and self-doubt. One of the most common challenges that young adults face is the feeling of not feeling like a real grown-up.



The Gap Decade: When You're Technically an Adult but Really Don't Feel Like It Yet by Katie Schnack

★★★★☆ 4.8 out of 5

Language	: English
File size	: 4619 KB
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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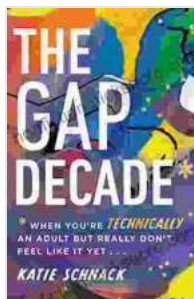


There are many reasons why someone might feel like this. Maybe they're still in school and haven't yet entered the workforce. Maybe they're working a job that doesn't feel like a real career. Maybe they're living at home with their parents and don't feel like they're independent. Whatever the reason, it's important to know that you're not alone. Many young adults feel this way.

If you're feeling like you don't feel like a real adult, there are a few things you can do to cope:

1. **Be patient with yourself.** It takes time to grow into adulthood. There's no need to rush the process.
2. **Focus on your strengths.** What are you good at? What do you enjoy doing? Focus on developing your strengths and building a life around them.
3. **Set realistic goals.** Don't try to do too much too soon. Set small, achievable goals for yourself and work towards them one step at a time.
4. **Surround yourself with positive people.** Spend time with people who make you feel good about yourself and who support your goals.
5. **Don't be afraid to ask for help.** If you're struggling, don't be afraid to ask for help from your friends, family, or a counselor.

Remember, feeling like a real adult is a process. It takes time and effort. But with patience, perseverance, and a little self-belief, you will eventually get there.



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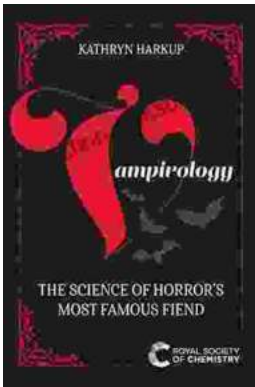
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