

"How Old Are You, Really?"

A Reflection on Maturity and Age by Dexter

Okay.

I have a question for you—a serious one.

Now this is something I've asked a lot of people lately, and I'm genuinely curious about it.

The question is:

How old are you?

Not in terms of biological age—

I'm talking about how old you are in the way that you act.

To give some context, I'm in my late 40s, closer to 50 than 40.

But I genuinely feel like I'm in my early 30s in the way I think and live.

The music I love.

The cars I still want.

The way I act, move, speak—it's all younger than the number on my birth certificate.

And that got me thinking.

I know people who are only a couple of years older than me, and others decades younger.

And more often than not, I connect far more with the younger ones.

Same music.

Same movies.

Same humor.

Same sports.

So I wonder...

At what point in life do we "settle" into an age—an identity—that we carry for the rest of our lives?

This isn't some conscious decision you make like ticking a box.

But somewhere along the way, we all seem to stop aging in our minds.

Sure, we grow.

We evolve.

We mature.
We learn.

But that internal age—how old we feel and act—doesn't always match how old we are.

I feel like when I'm 60, I'll still be the same.
Still jamming to the same music.
Still laughing at the same jokes.
Still seeing myself as someone in their 30s.

**So here's the real question:
What age are *you*?**

What's your *emotional* age?
What's your *behavioral* age?
What's the *you* inside that doesn't change with the years?

Now here's a second question—this one's even more of a head-scratcher:

How do you think a person *decides* what age they'll "stay" at?

Did it happen when my brain finished forming in my 20s or 30s?
Is this slight immaturity just... permanent?

Because I know people only a few years older than me who seem way more mature.
Were they always like that?
Did they age quicker?
Did life hit them harder?

I mean, I've got friends who are decades older than me too—and we get along brilliantly.
But it's not about liking the same things—it's about sharing a vibe.
Same humor.
Same energy.
Same perspective.

So again, two questions I'd love you to consider:

1. **How old are you, really?**
Not physically—but in spirit, in mind, in personality.

2. **When do you think that internal age locks in?**

And why does it differ from person to person?

I'm not a psychologist. I'm not a neuroscientist.
I'm just... curious.

It fascinates me how at networking events, people my age often feel so different to me.
Some seem "older," more serious, more... tired.

Then there are younger people who feel like my peers.
We laugh. We joke. We connect.
Why?

Is it upbringing? Is it mindset? Environment? I honestly don't know.

Anyway, that's it for today.
Just wanted to get this out there—another step in getting used to talking to this camera.

Thanks for watching (or reading).
And seriously...

How old are *you*?