

Internalized Ageism: Reframing the Stories We Tell Ourselves About Aging

Ageism includes our beliefs about ourselves, impacting how we think and act. When we have negative and unrealistic stereotypes about aging, it hurts our well-being.

Let's reframe our stories about aging! We crowdsourced common negative storylines and ideas for reframing. Read on for inspiration on tackling internalized ageism.

| Negative Stories | New Stories |
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| <p>I'm too old to start something new.</p> | <p>I'm a lifelong learner. I'm curious and I want to know more.</p> <p>I'm an expert in adaptation.</p> <p>I'm creative and can do this.</p> <p>My age does not mean I need to give up trying new things.</p> <p>I have the resources and relationships to take this on.</p> |
| <p>I'm having a senior moment.</p> | <p>I've forgotten things my whole life.</p> <p>I have a lot on my mind and this happens whenever I get too busy.</p> <p>Only a small percentage of people experience memory loss.</p> <p>If I'm really concerned, I need to do something about this and look for help.</p> |

Negative Stories

At my age, this pain is normal and something I just have to bear.

I look good for my age.

I hate looking my age.

I can't wear that at my age.

I'm too young and inexperienced.

New Stories

I do not need to accept pain just because I am older.

This is preventing me from doing what I enjoy, so I'll ask about options.

I look good. Period.

This is how my age looks.

I don't have to accept standards that say I must look a certain way.

Real attractiveness is based on who I am, not how I look on the outside.

My value is deeper than my appearance.

Why am I accepting other people's standards?

I will wear what feels good for me.

Style is an attitude, not a matter of age.

I've learned a lot and have much to offer.

I'll gain experience by taking a leap.

| Negative Stories | New Stories |
|---|--|
| No one takes me seriously (because I'm young or old). | There are people who value me. I will seek them out. |
| At my age, I should be further along. | Everyone has their own challenges and grows at their own rate – and so do I. |
| Everything about my age is awful. | There are many things for which I am grateful. |
| I have nothing more to offer at my age. | I know examples of other late bloomers. I'm happy with my life and don't need to meet goals by certain times. |

Ageism isn't just inaccurate. It hurts our health, financial well being, longevity and even the economy.

Want to learn more about ageism? Go to ChangingtheNarrativeCO.org.

[Join the movement to end ageism!](#)