

# Turning your perspective around!

People shifting down, taking time for their families, taking care of them self and their physical and mental health is absolutely something I approve of.

But there is a choking feeling appearing when the trend becomes a design for your life. I get anxious when the term Downshifting becomes a defined box, where there are rules and tips on, how to do the right downshifting. What I don't understand is this tendency to turn it into a somehow wonderful, radical, life-changing big new philosophy, when it is so natural to me.

I'm of course very aware of the fact that not all people have this natural approach of dealing with work and private life. Without generalizing, they are the kind of people who used to have a 9 to 5 job, in an office with meetings, phone calls computers and a lot of overwork. Something that is very far from my life!

But as I speak of it, I realize that I'm talking about a "them" and a "me". Something I am defining.

But it's a fact that we are different in all ways of dealing with life. That's why it chokes me to have a designed way, of what I would call my living. Because I don't see my life as downshifted – I don't want to have this term forced upon me. My approach of life is natural intuition.

Why does it make me so annoyed then? Do I feel that these people are interfering in my life? Are they taking over my way of assuming living?

Why is it so terrible that they are actually changing into "me".

Am I this superficial that I don't want "them" to be as "me". Am I too sophisticated for them? I should be very contented whit the fact, that more people are getting my "natural-way-of-looking-on-life" perspective.

Maybe they should be the ones to be annoyed with me? Finally they change their life, and I won't allow it. No wonder they make their own little group, when I won't allow them to join mine.

Maybe I got it all wrong. Instead of being so aware of what I'm definitely not. I should focus more on what we have in common. Or at least what they want to learn from my way of living.

So what does it say more about, "us" or "them"? I thought in my stubbornness that "we" had it figured out. But maybe we could after all learn something, not about Downshifting itself, but something about our type. Maybe we should be the ones to change assumptions of people, and be less narrow minded and uptight?

[Read about downshifting here.](#)

