Bruce Mehlman
November 7, 2026 (4pm)
bruce@mc-dc.com

To Receive our free Substack

The 2026 Midterm Elections



What We Learned & What Comes Next

MEHLMAN CONSULTING

CONTENTS



The Electorate: Anxious, Angry & Eager for Change…….. 3-6

The Results: Blue Wave? Hundred-Year Flood…… 7-13

The Why: The President, the Candidates & the Issues……... 14-24

After the Flood: What's Next in Washington…….. 25-34

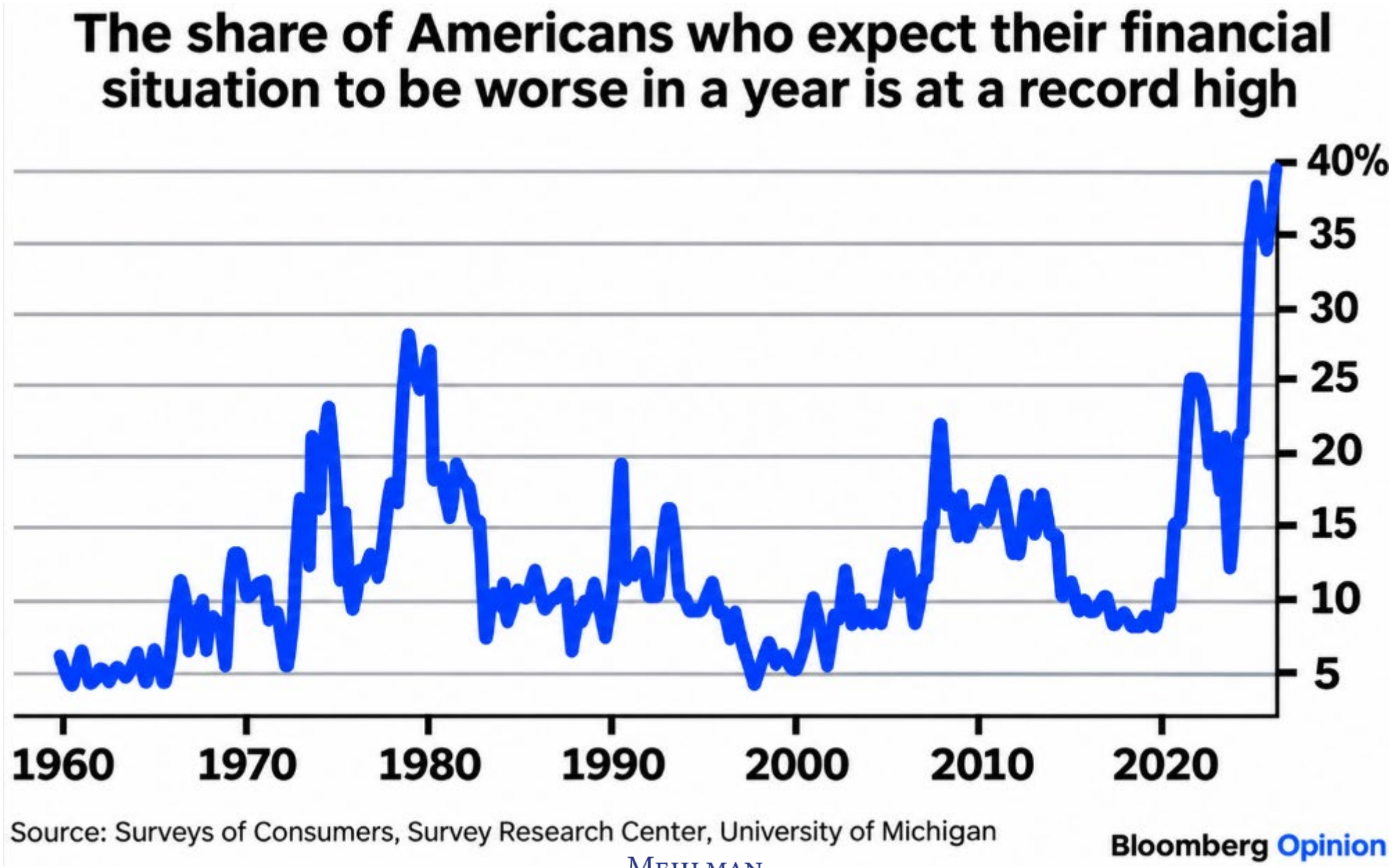
Reasons for Hope: America Marches On…….. 35-39

The 2026 Electorate

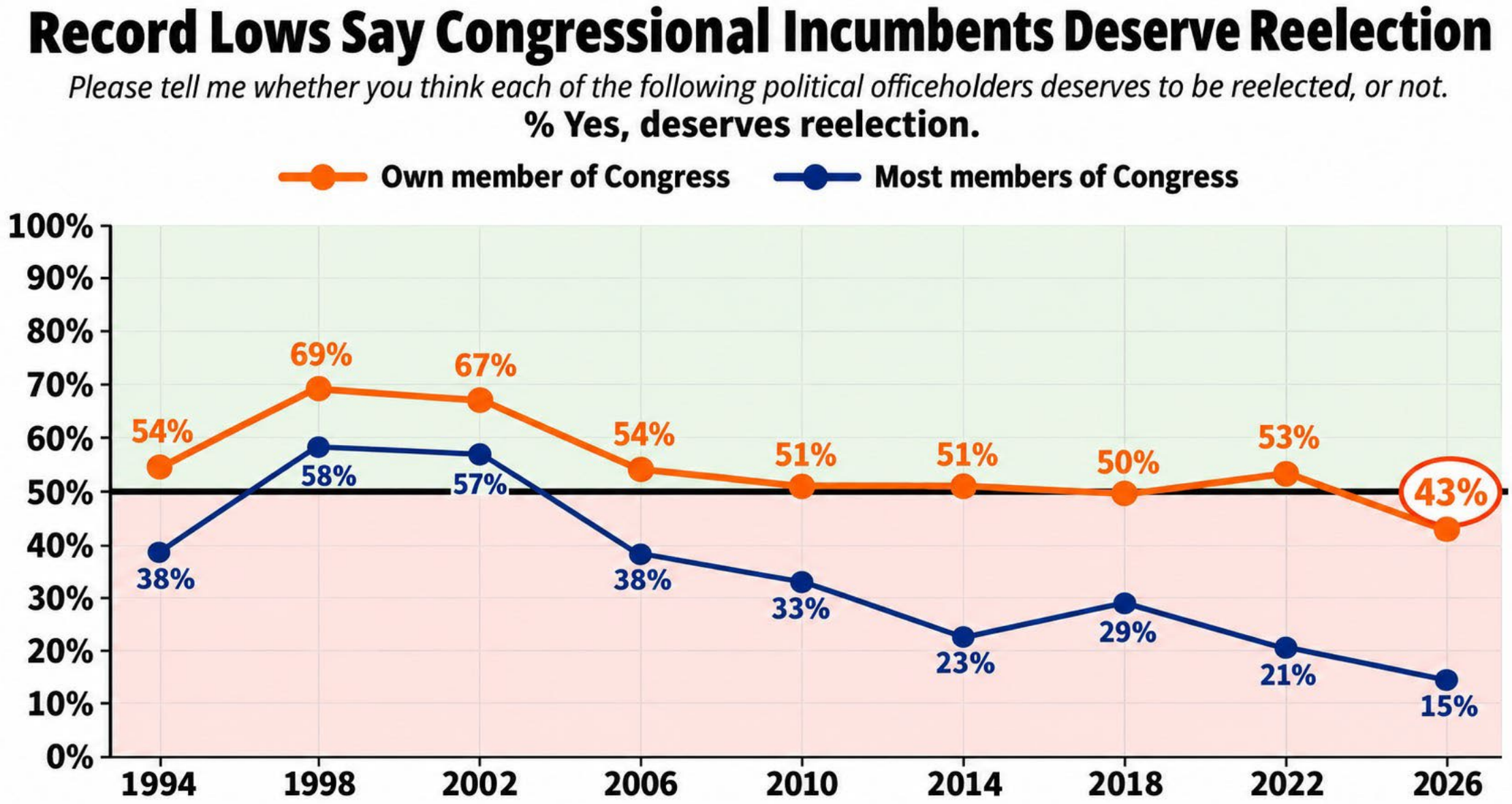
Anxious, Angry & Eager for Change

MEHLMAN CONSULTING

VOTERS FEAR THE ECONOMIC FUTURE



ANTI-INCUMBENT SENTIMENT HAD PEAKED



Source: Gallup, Oct. 1–19, 2026 (final pre-midterm readings).

MEHLMAN CONSULTING

THERE'S A MANDATE FOR CHANGE

Change in Control of House, Senate and/or White House

1960's	1970's	1980's	1990's	2000's	2010's	2020's
1960	1970	1980	1990	2000	2010	2020
1962	1972	1982	1992	2002	2012	2022
1964	1974	1984	1994	2004	2014	2024
1966	1976	1986	1996	2006	2016	2026
1968	1978	1988	1998	2008	2018	2028

MEHLMAN CONSULTING

The Results

Blue Wave? Hundred-Year Flood

A HISTORIC "BLUE TSUNAMI" BY THE NUMBERS



	HOUSE	SENATE	GOVERNORS
	D+44*	**D+7-9***	**D+6***
2025-26	*220R-215D*	*53R-47D*	*26R-24D*
2027-28	**259D* - 176R**	**54D - 44R** *2 undecided*	**30D - 20R**

THE HISTORIC PROPORTIONS*

- Most Democratic governors in **33** years** (1993)
- Largest House majority in **35** years** (1991)
- Most Democratic state trifectas in **42** years (1984)
- Biggest popular vote margin in **50** years (1976)
- May see most incoming House freshmen in **94** years**
  First time a party held zero House crossover districts in at least **150** years

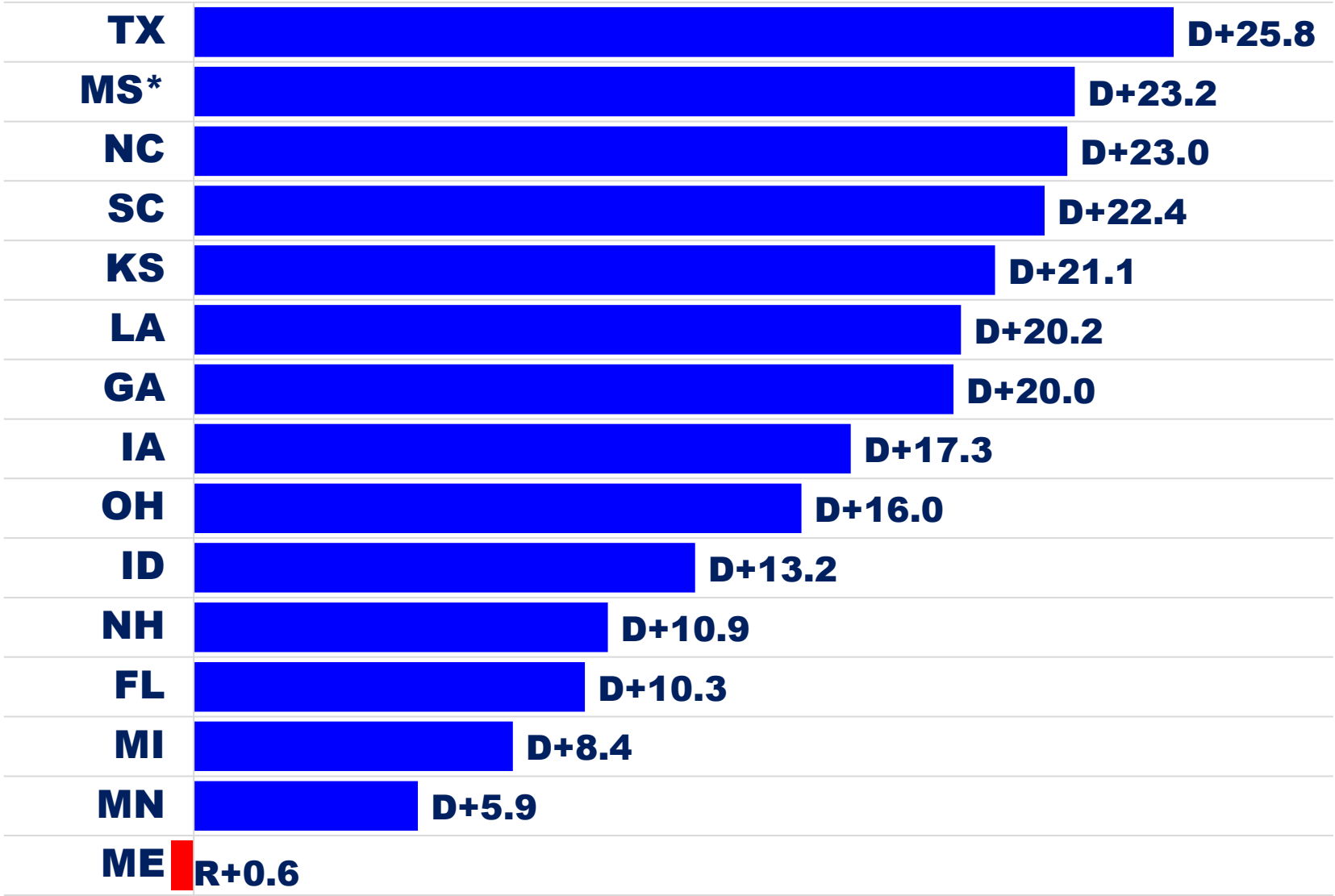
* Results as of 4pm 11/7/26. Called results + ***DDHQ Pulse Projections.*** Not yet called: 20 House, 2 Sen (AK, MS), 2 Govs (AK, KS).

** Depending on final outcomes (***assuming current narrow leads hold***)

MEHLMAN CONSULTING

NO STATES "TOO RED TO FAIL"

Change from 2024 Presidential to 2026 Senate



First Democratic Senate wins since:

KS: 1932

MS*: 1982

TX: 1988

SC: 1998

IA: 2008

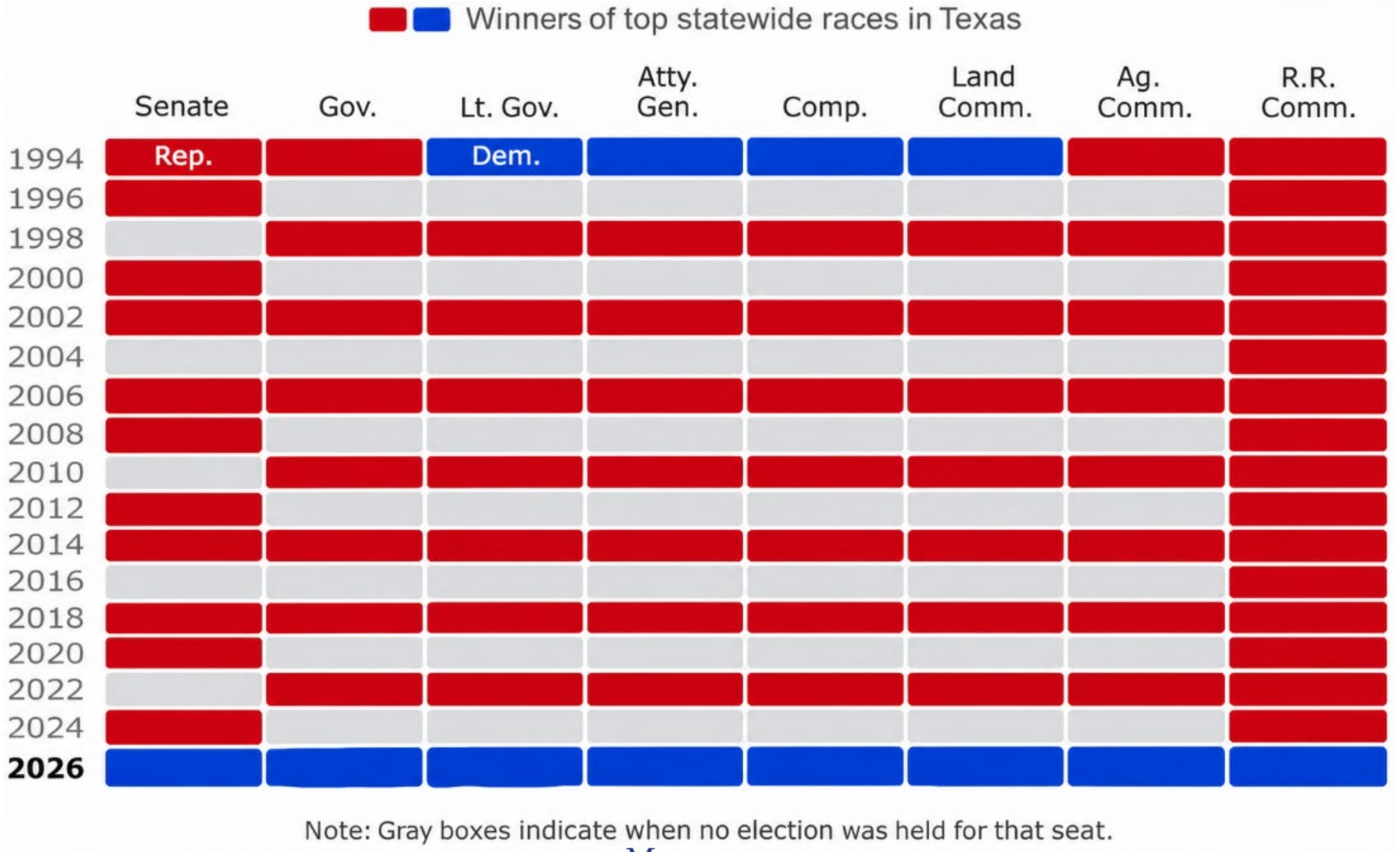
AK*: 2008

Source: AP as of 11/7 1pm; * Not called

MEHLMAN CONSULTING

THE 2026 STATE TSUNAMI IN ONE EPIC CHART (NYT)

Texas Toast: GOP Lone Star Wipeout

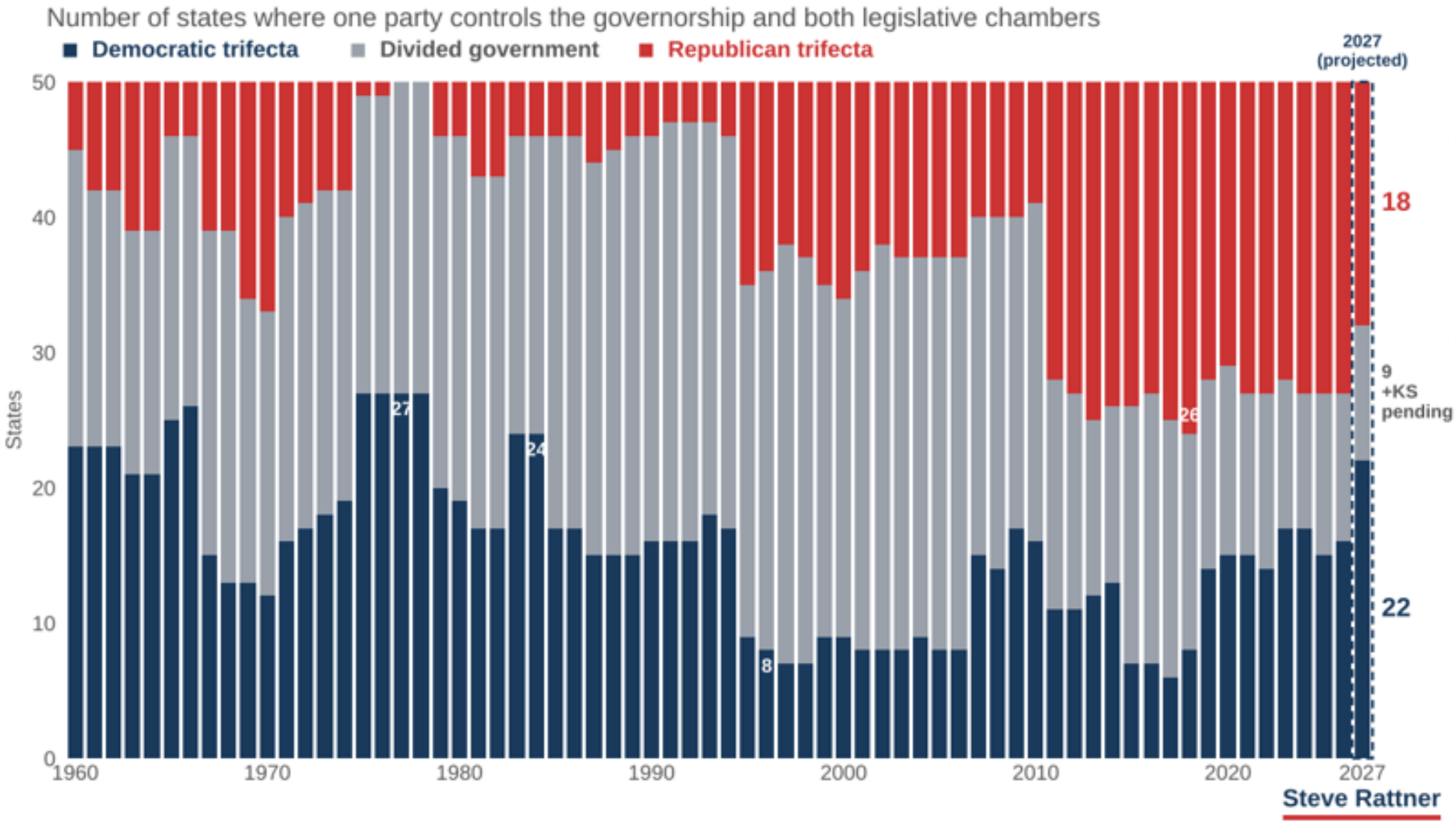


Source: NYT, "How Democrats Turned Texas Blue," 11/5/26

MEHLMAN CONSULTING

WAVE SWEPT STATE AS WELL AS FEDERAL ELECTIONS

Democrats on Track for Most Trifectas Since 1984



Democrats could pick up as many as six **new state government trifectas**.

	GOVERNOR	SENATE	HOUSE OR ASSEMBLY
Ariz.	Dem.	Reporting	Reporting
Mich.	Dem.	Dem.	Dem.
Minn.	Dem.	Dem.	Dem.
Nev.	Dem.	Dem.	Dem.
Pa.	Dem.	Dem.	Dem.
Wis.	Dem.	Dem.	Dem.

Democrats could also break at least five **former Republican trifectas** by winning the governorship or at least one statehouse chamber.

	GOVERNOR	SENATE	HOUSE OR ASSEMBLY
Ga.	Dem.	Rep.	Reporting
Iowa	Dem.	Rep.	Reporting
N.H.	Rep.	Reporting	Reporting
Ohio	Dem.	Rep.	Rep.
Texas	Dem.	Rep.	Dem.

Data as of 3:28 p.m. Eastern time on Nov. 4. Source: Ballotpedia (trifecta status).

Malika Khurana/The New York Times

MEHLMAN CONSULTING

EXPLAINING THE SURGE (THE HOW)

The Three Key Elements of the 2026 Blue-Nami

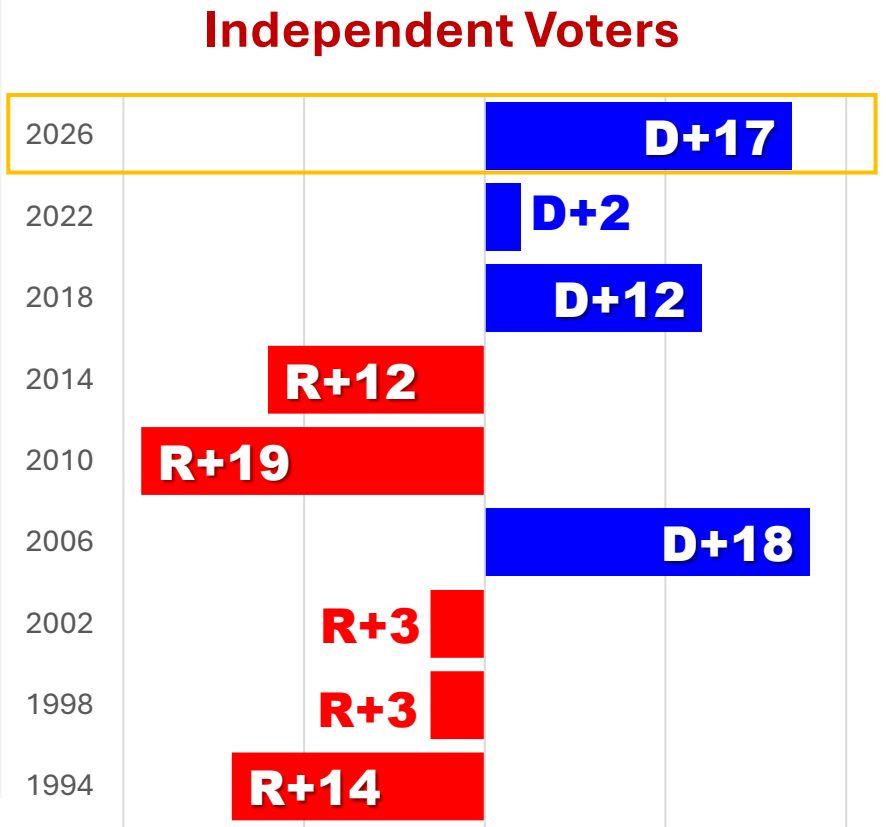
Turning Non-MAGA Republicans

15%

of non-MAGA Republicans voted Democratic

(CNN exit poll)

Winning Independents



Mobilizing Dem Base

98%

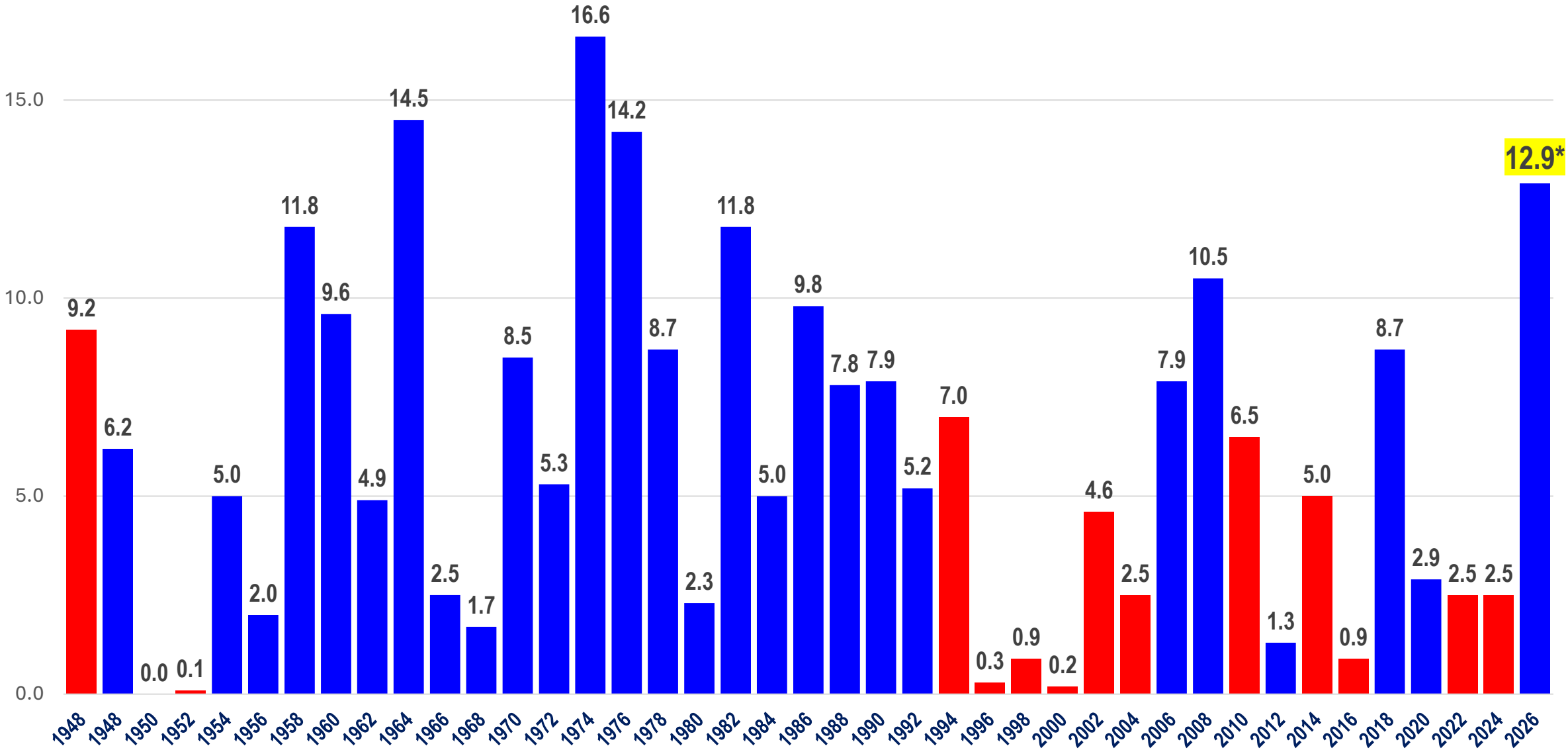
of Democrats voted Democratic amidst biggest turnout advantage since 1976

(CNN exit poll)

Source: Henry Olsen, Wapo, 11/4/26

LARGEST HOUSE POPULAR VOTE MARGIN SINCE 1976

House of Representatives, party vote margin (% points)



Sources: Brookings, NY Times, Ballotpedia; 2026 = AP; * still counting

MEHLMAN CONSULTING

Why Democrats Won So Big
Midterms Turn on the President, Candidates & Key Issues

MIDTERMS ARE REFERENDUMS ON THE PRESIDENT



Presidential Approval Rating

33	37*	38	39	40	41	42	44	44	45	46	49	54	57	58	58	61	61	63	63	66
1946	2026	2006	1950	2022	2018	1982	1966	2014	2010	1994	1978	1974	1958	1970	1990	1954	1962	1986	2002	1998
-55	-44	-30	-29	-9	-40	-26	-47	-13	-63	-52	-15	-48	-48	-12	-8	-18	-4	-5	8	5

Seats Lost

Seats Won / Lost

MEHLMAN CONSULTING

Sources: Approval (Gallup for all except 2026, * exit poll); 2026 projected losses (DDHQ @1pm 11/7)

VOTERS FAULTED TRUMP FOR UNKEPT PROMISES & PRIORITIES



"I'm going to **stop wars.** I'm going to stop them."

(Oct. 9, 2024 • Reading, Pennsylvania)

War in Iran

63%	37%
Wrong decision	Right decision



"Starting on Day 1, we will **drive down prices** and make America affordable again."

(July 18, 2024 • Republican National Convention • Milwaukee, Wisconsin)

Higher prices caused by

63%	37%
Trump's policies	Outside his control



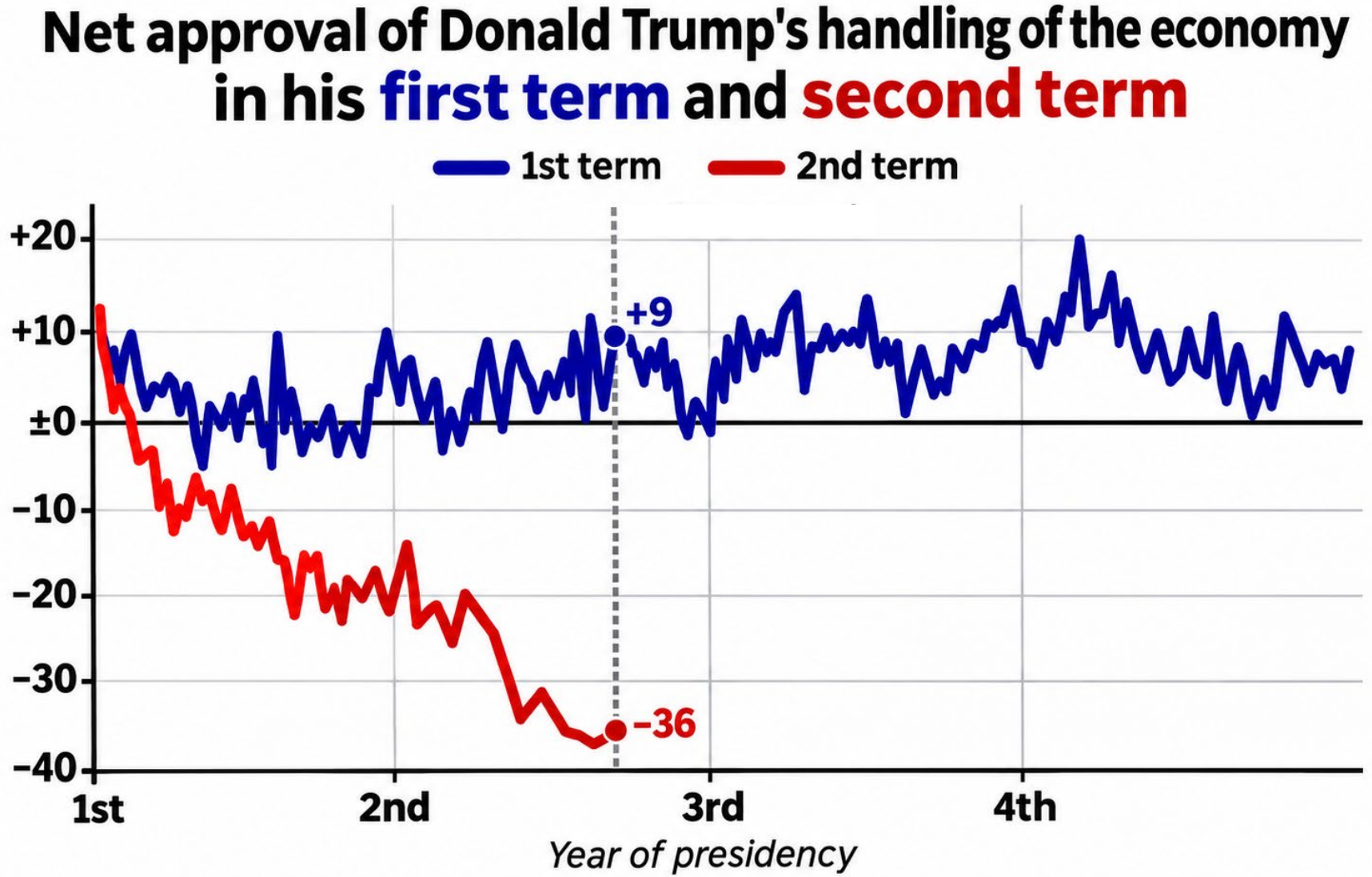
"[Biden's] **family raked in millions** of dollars, and he was making bad deals for our country."

(Feb. 17, 2024 • Waterford Township, Michigan)

Trump prioritized

62%	38%
Personal interests	Country's interests

IT'S ALWAYS THE ECONOMY, STUPID



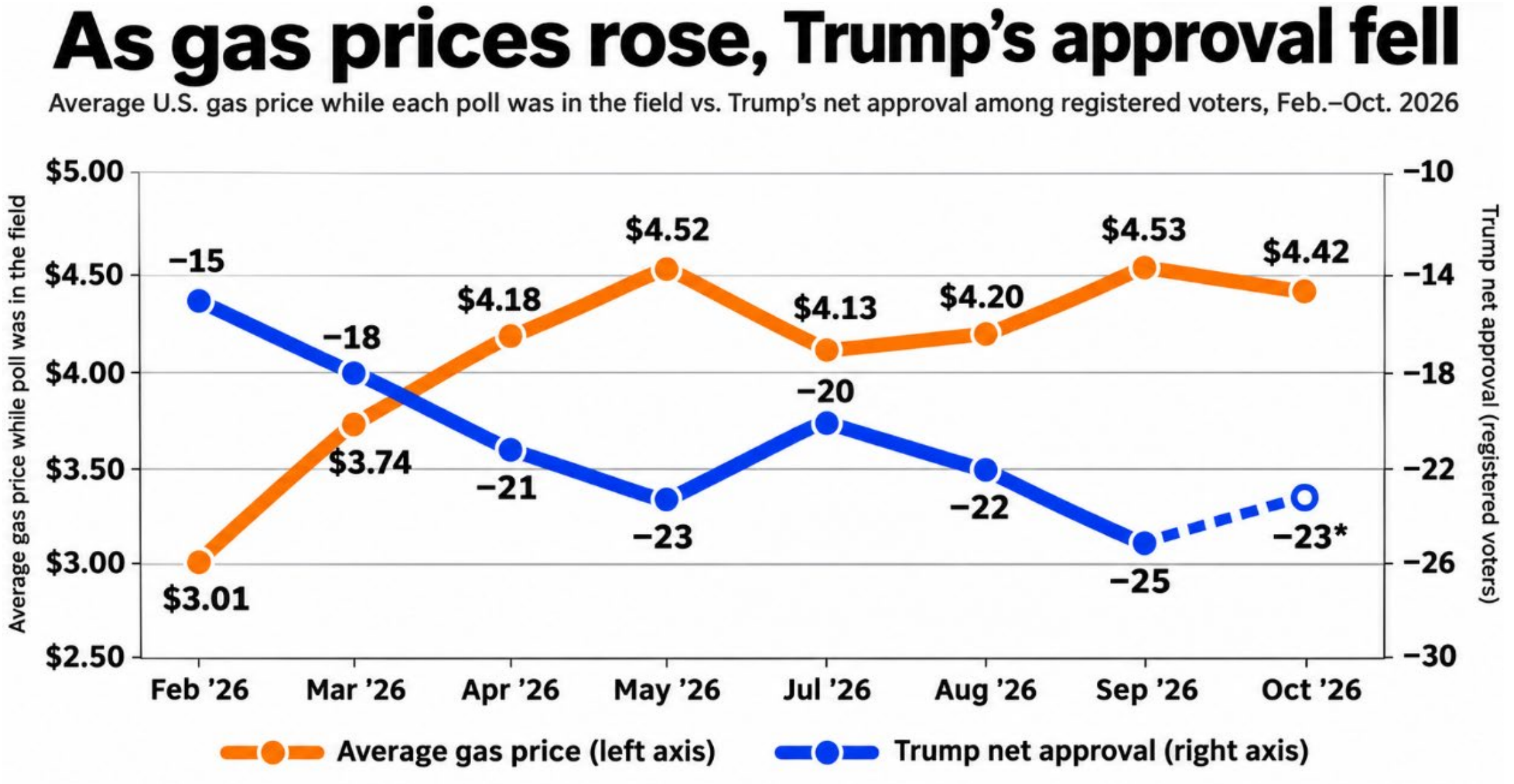
Note: Responses of "not sure" are not shown. Respondents have sometimes been asked about "the economy" and sometimes about "jobs and the economy."

YouGov®

The Economist / YouGov | January 28, 2017 - October 5, 2026 • Get the data

MEHLMAN CONSULTING

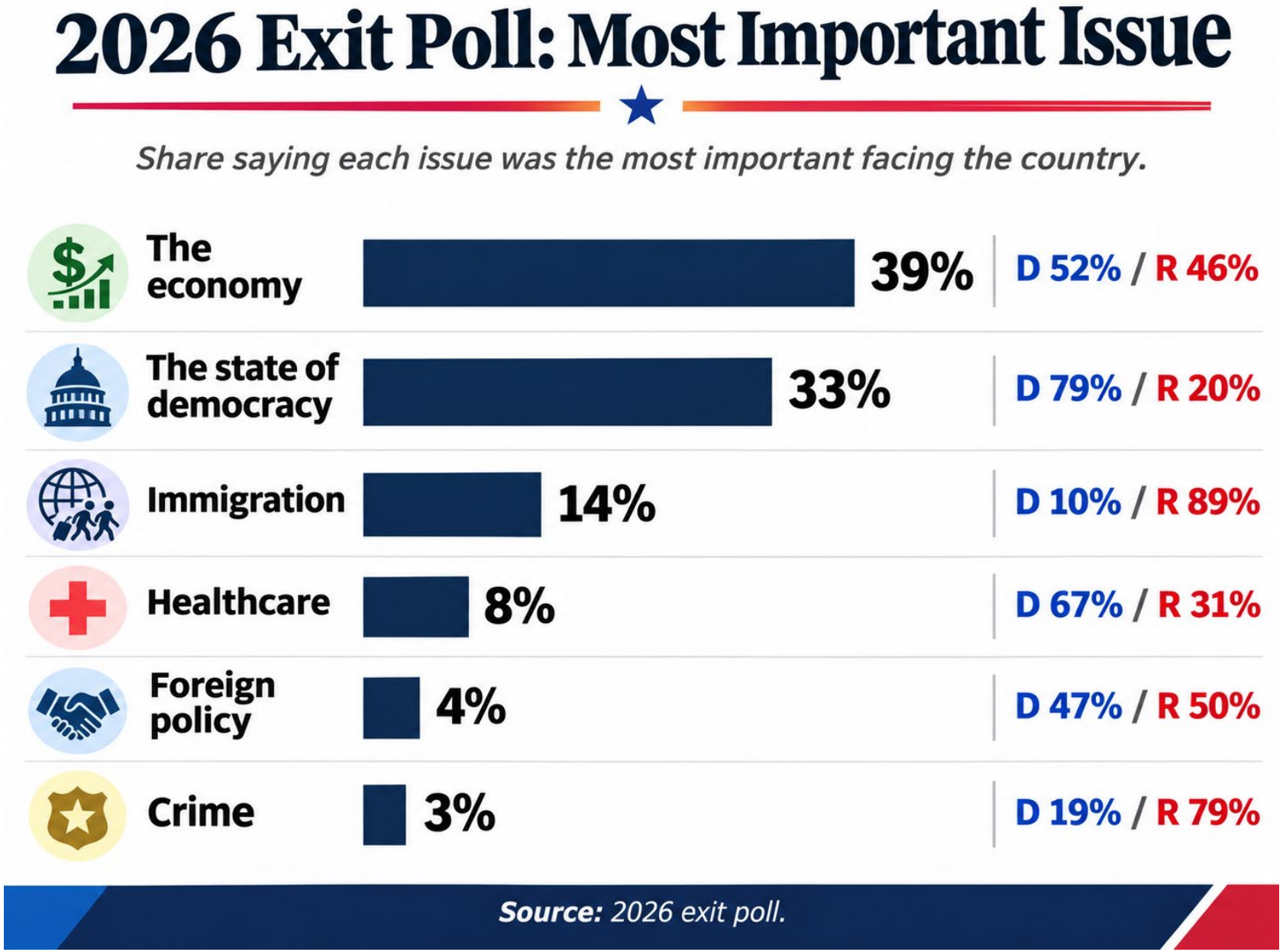
IT'S ALSO THE WAR



Source: The Argument's national surveys (none in June) per Patrick Ruffini; Oct added

MEHLMAN CONSULTING

THE ISSUES THAT MATTERED MOST



MEHLMAN CONSULTING

Source: NBC exit poll

CANDIDATES MATTERED: DEMOCRATS OUT-RECRUITED, OUT-RAN









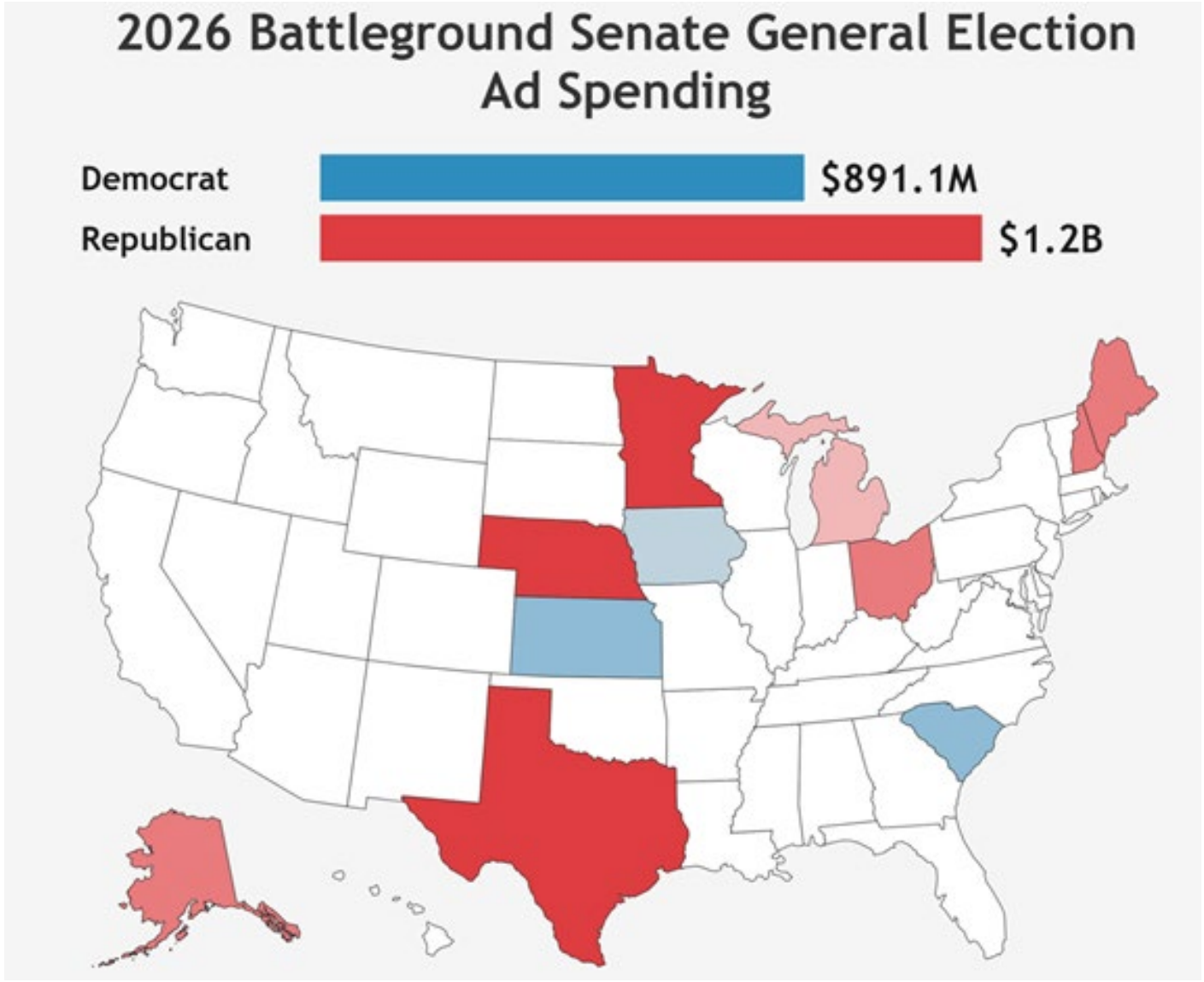


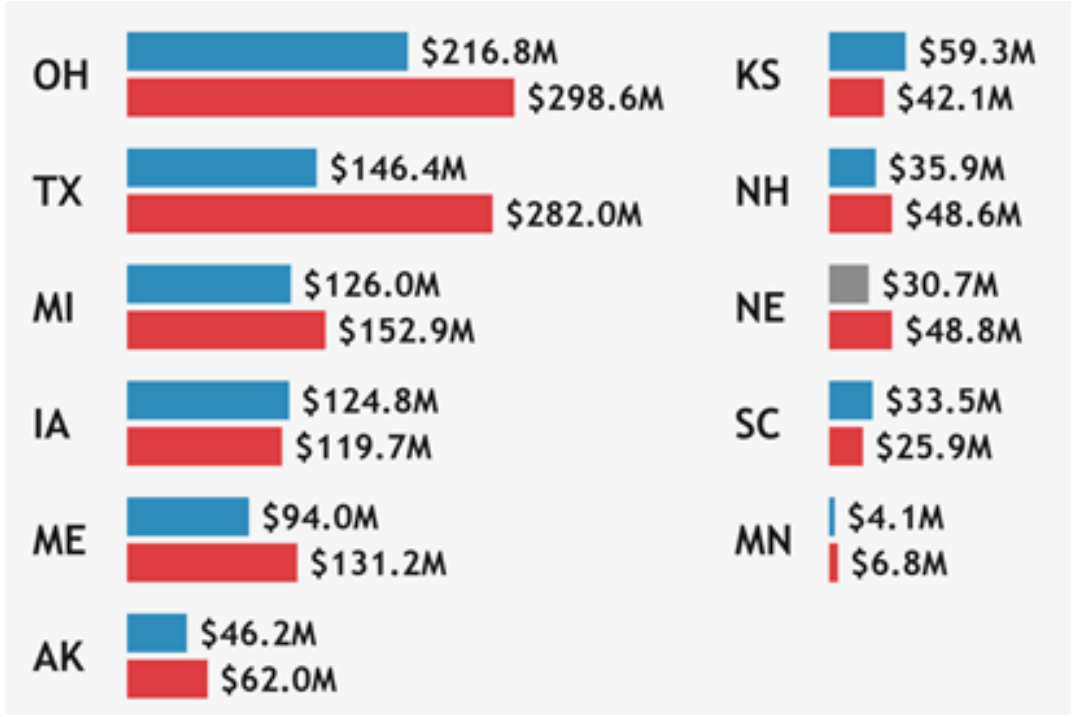


MEHLMAN
CONSULTING

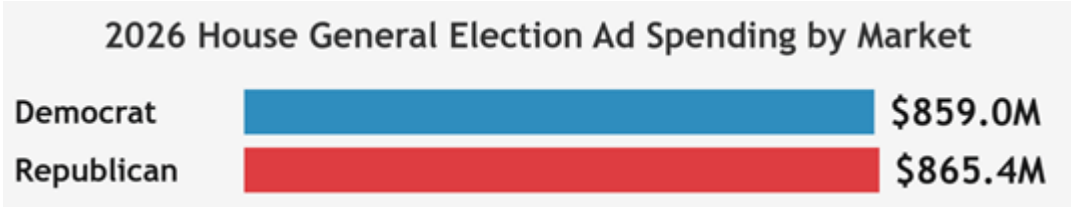
MONEY MATTERED LESS

GOP Outspent Dems in Most Top Senate Races





R's Outspent D's in House Also

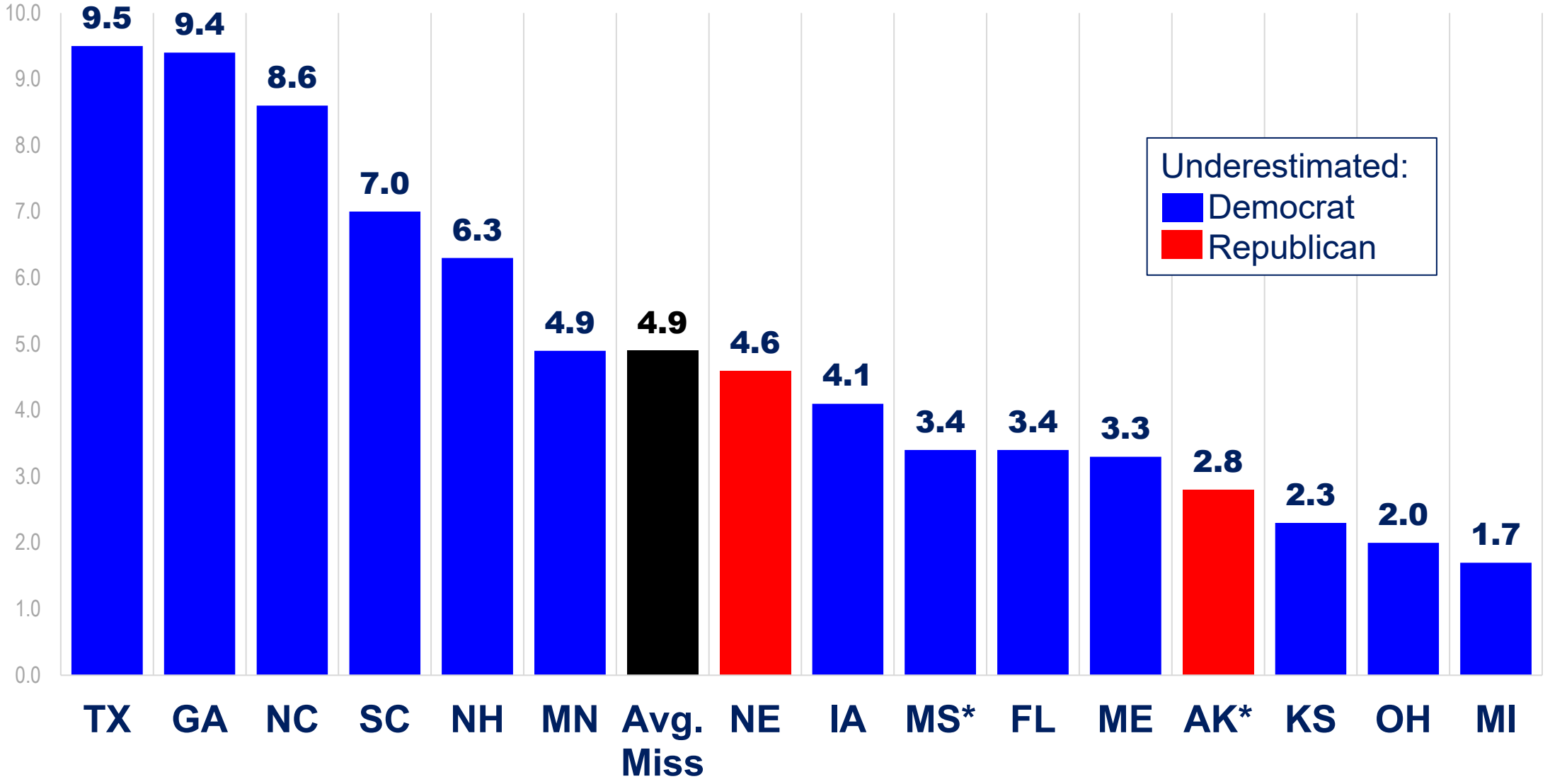


MEHLMAN CONSULTING

AdImpact

POLLING IS NEITHER FIXED NOR FIXED

Final Polling Averages vs Results in Key 2026 Senate Races

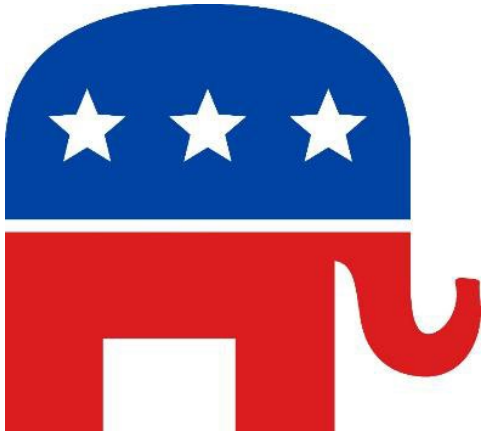


Sources: RCP averages for all except NE (DDHQ), MS (Poliware), AK (PollCheck);
Avg miss = mean absolute error * Uncalled races

MEHLMAN CONSULTING

RED UNDERTOW MORE THAN BLUE WAVE

Rejecting Republicans ≠ Embracing Democrats



38% view favorably **29%**



Exit polls showed Democrats *more* favorable (47% vs 41%) but exit polls had a larger share of Ds than Rs (49% to 43%)

Source: NBC NEWS POLITICS 10/28-30/26

MEHLMAN CONSULTING

VOTERS CONSISTENTLY SEEK BALANCE (ALL PRESIDENTS)

Multi-Term Presidents Lose the Senate by their Final Two Years

Elected 2+ Times	Senate Final 2 Years
Trump	Lost *(2026)*
Obama	Lost *(2014)*
G.W. Bush	Lost *(2006)*
Clinton	Lost *(1994)*
Reagan	Lost *(1986)*
Eisenhower	Lost *(1954)*
Wilson	Lost *(1918)*
Cleveland	Lost *(1894)*
Grant	Held *(1874)*

History nerd notes: Nixon resigned before his final two years and never had a GOP Senate; FDR's final two years would have been 1947-1948 but he died in 1945 (Senate flipped to GOP in 1946, and FDR held Sen. in 2nd & 3rd terms; McKinley also died before his final two years (GOP held Senate)

MEHLMAN CONSULTING

AFTER THE FLOOD

What's Next in Washington?



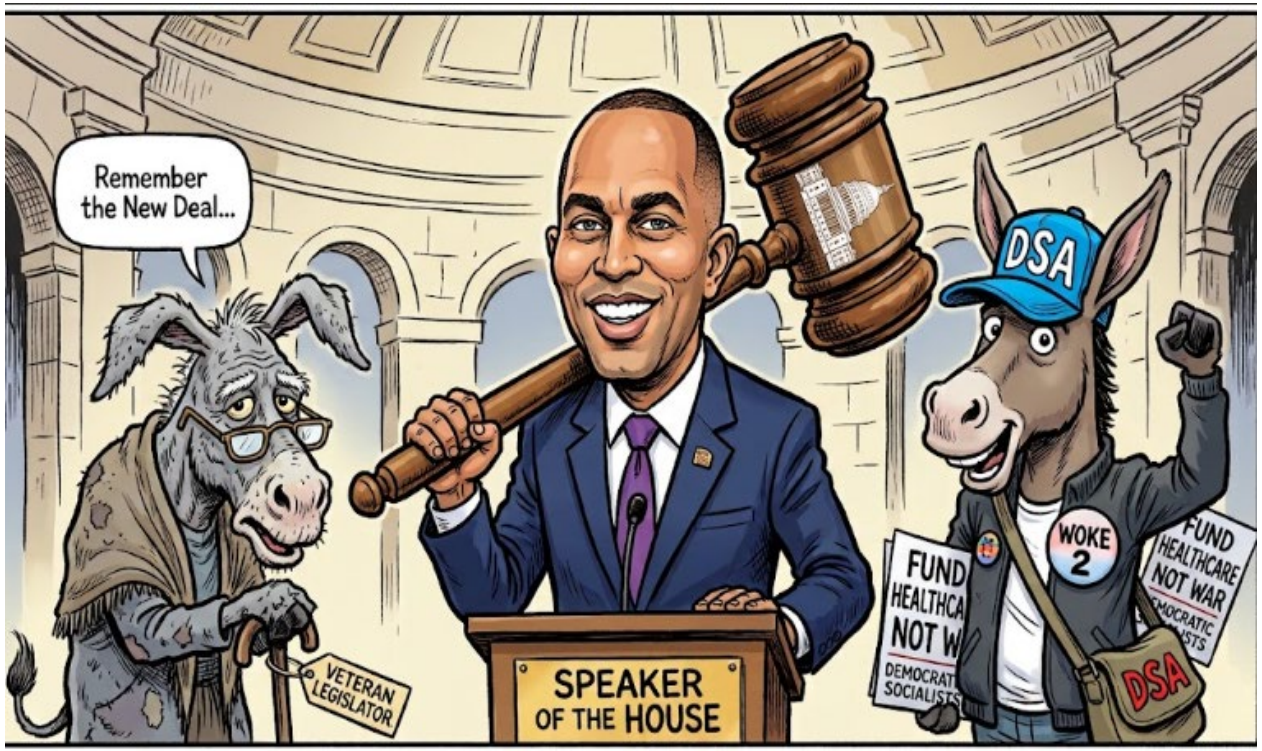




MEHLMAN
CONSULTING

BOTH PARTIES FACING INTERNAL DIVISIONS

Leadership Elections & Committee Chair Contests





TRUMP TEAM TURNOVER LIKELY

Post-midterm exits come fast: 3 in 4 land within three months

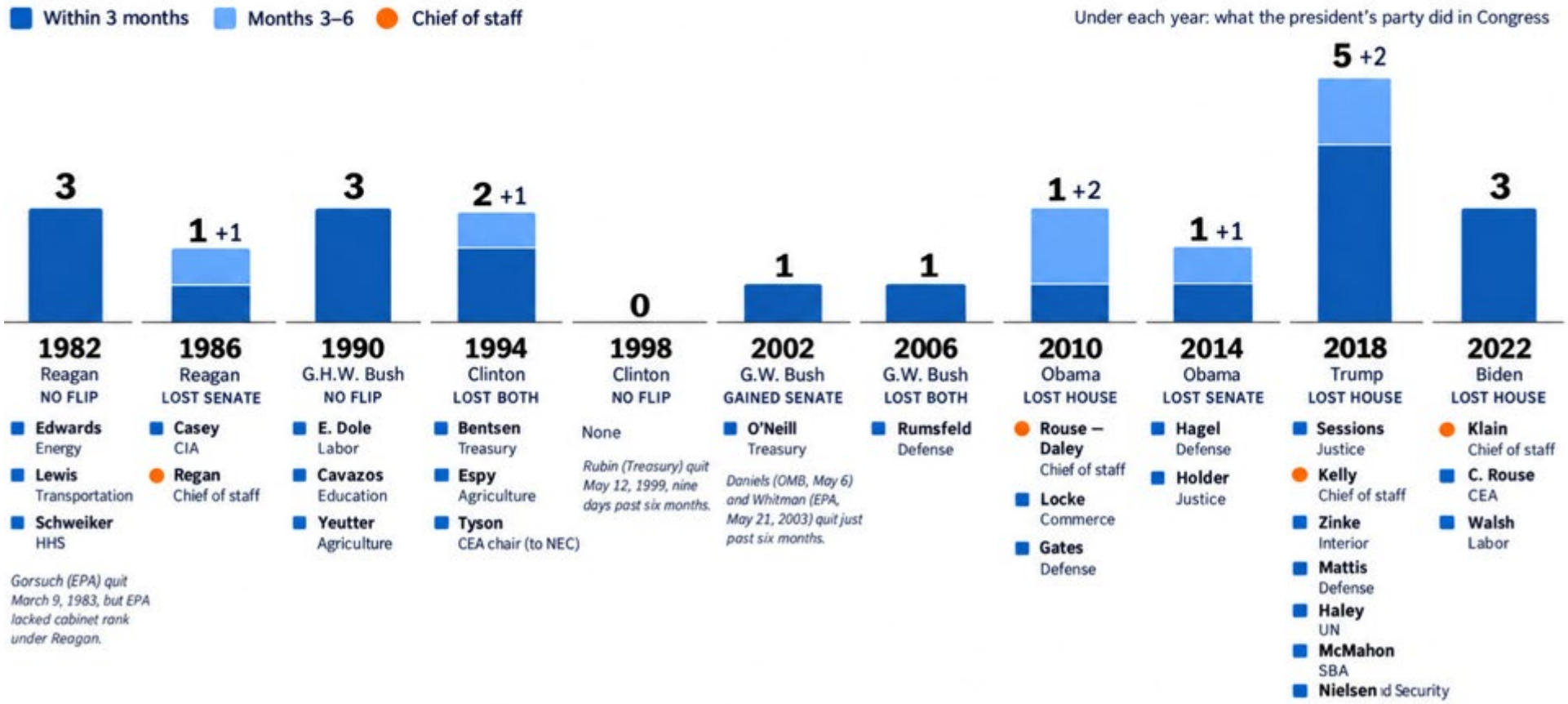
Cabinet-rank officials and White House chiefs of staff whose departure was announced or took effect within three and six months of Election Day, midterms 1982–2022

21 of 28
six-month exits came in the first three months. Widening the window adds names, not new patterns.

10 of 11
midterms were followed by at least one exit. 1998 is the lone blank in either window.

4 of 11
brought a new chief of staff within six months, three of them inside three months.

7
exits after 2018 alone, a quarter of all 28.

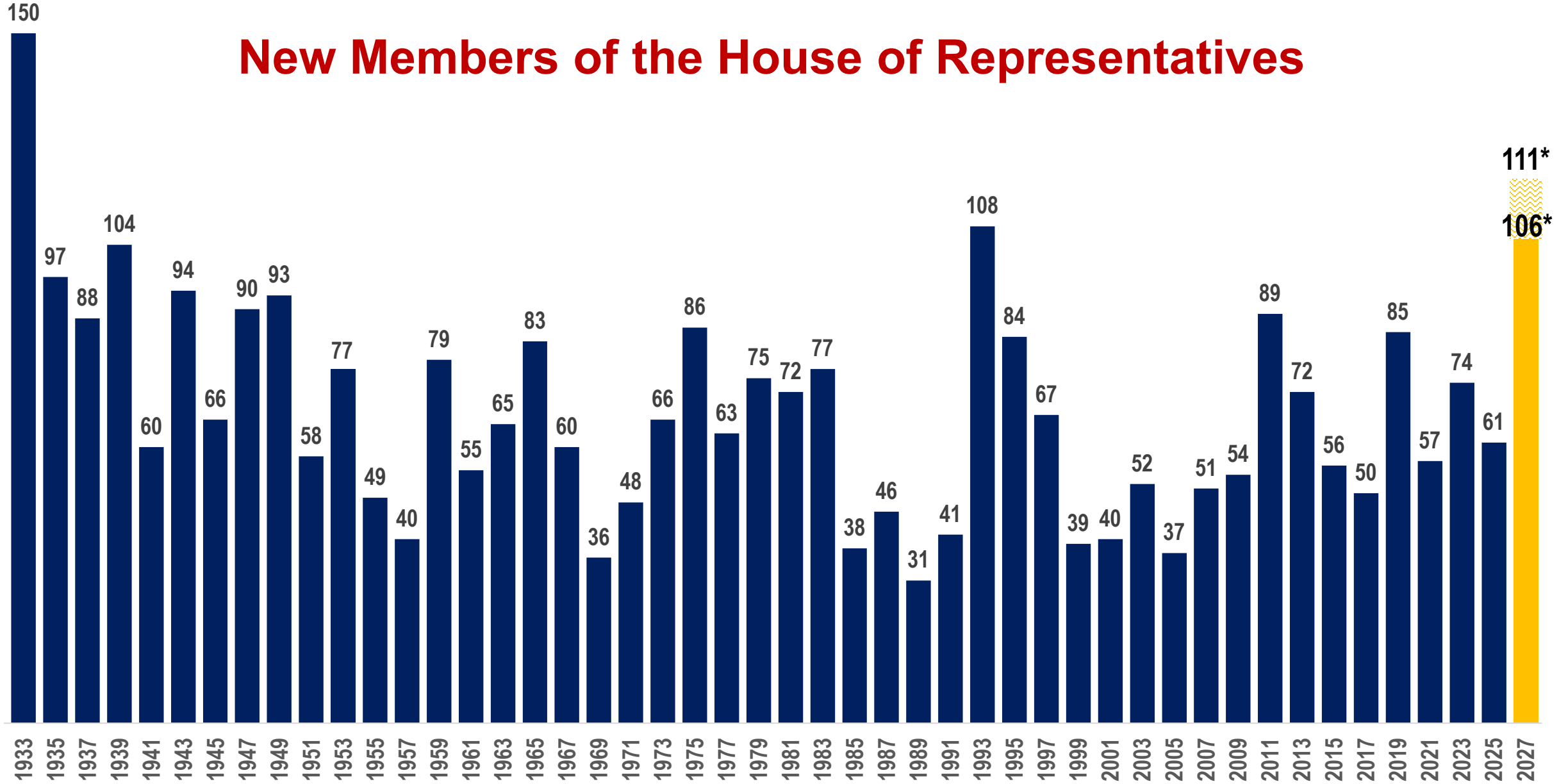


MEHLMAN CONSULTING

LAME DUCK (CALLED LAME FOR A REASON)



2027 FRESHMAN CLASS COULD BE LARGEST SINCE 1933

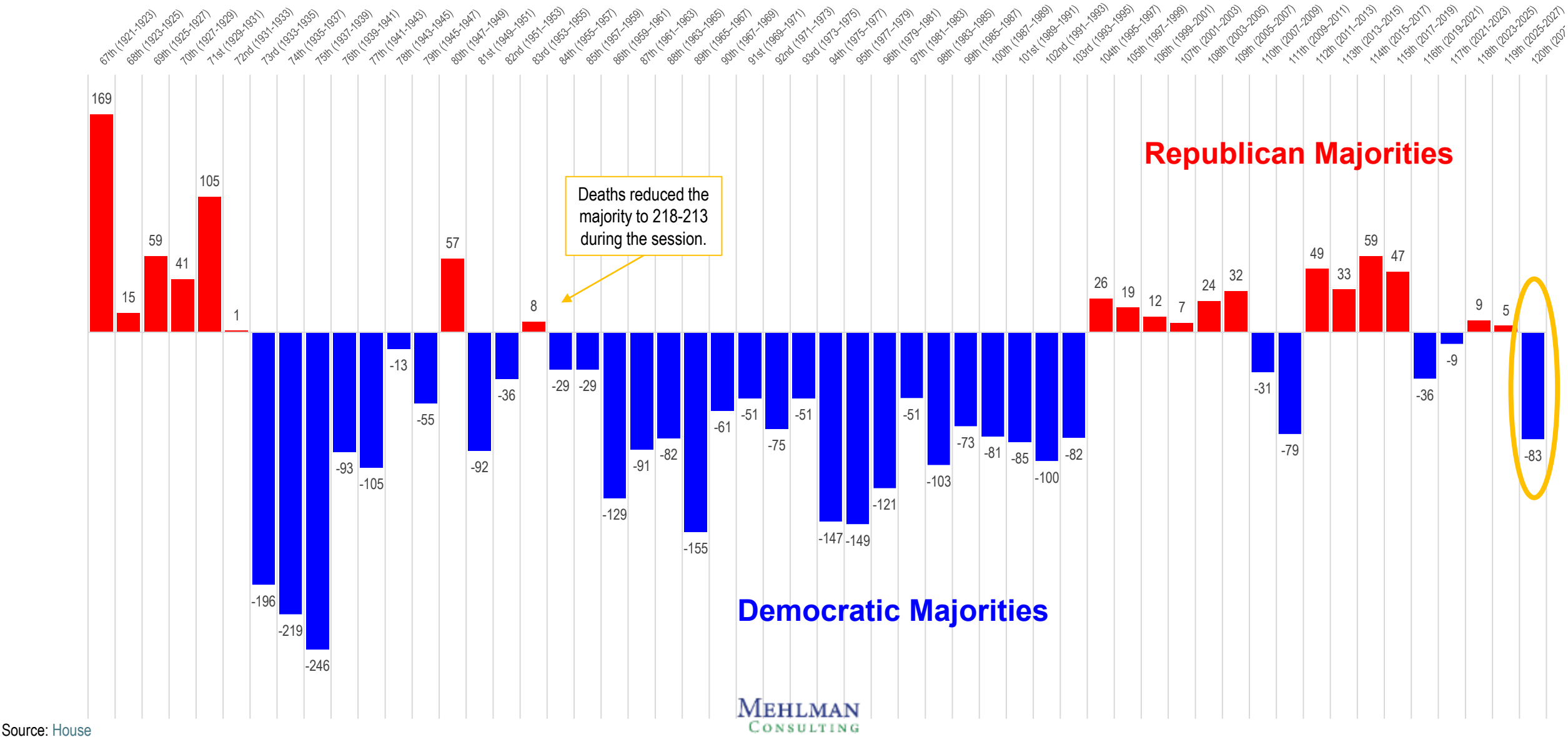


MEHLMAN CONSULTING

Source: House, counted at convening; *2027 shows possible range depending on final 20 races

LARGEST HOUSE MAJORITY SINCE 1991

Party Control Margins in the U.S. House, 1921-2027



Source: House

DEMOCRATS' TOP PRIORITIES IN 2027





Groceries & Household Essentials



Health Care



Housing



Gas & Utilities



Family Care



Trump Administration "Corruption"



Competition & Consumer Protection



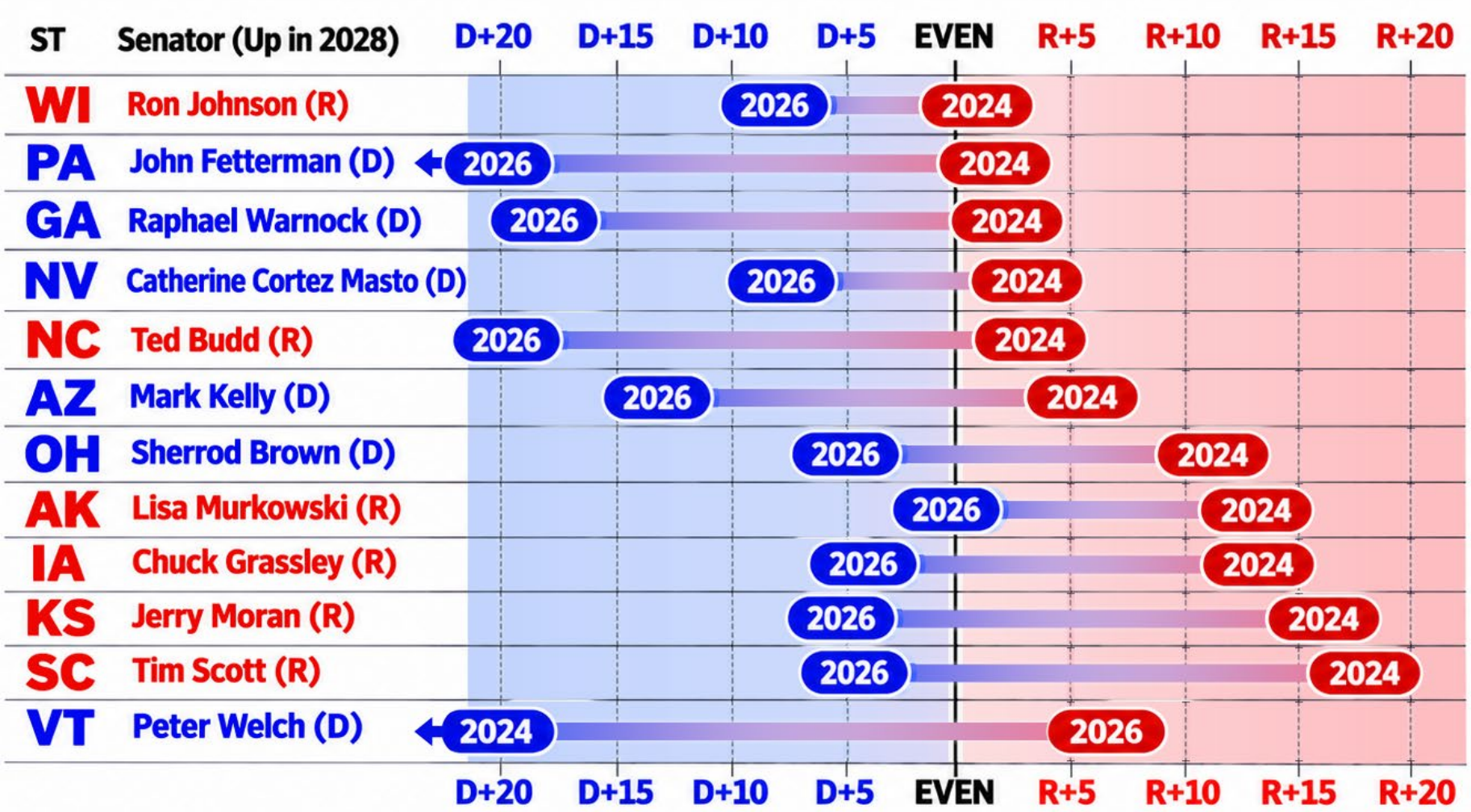
Systemic Risks



MEHLMAN CONSULTING

SENATORS IN NEWLY COMPETITIVE STATES MAY DEAL MORE

2028 Senate Races in States that Switched Sides, 2024–2026



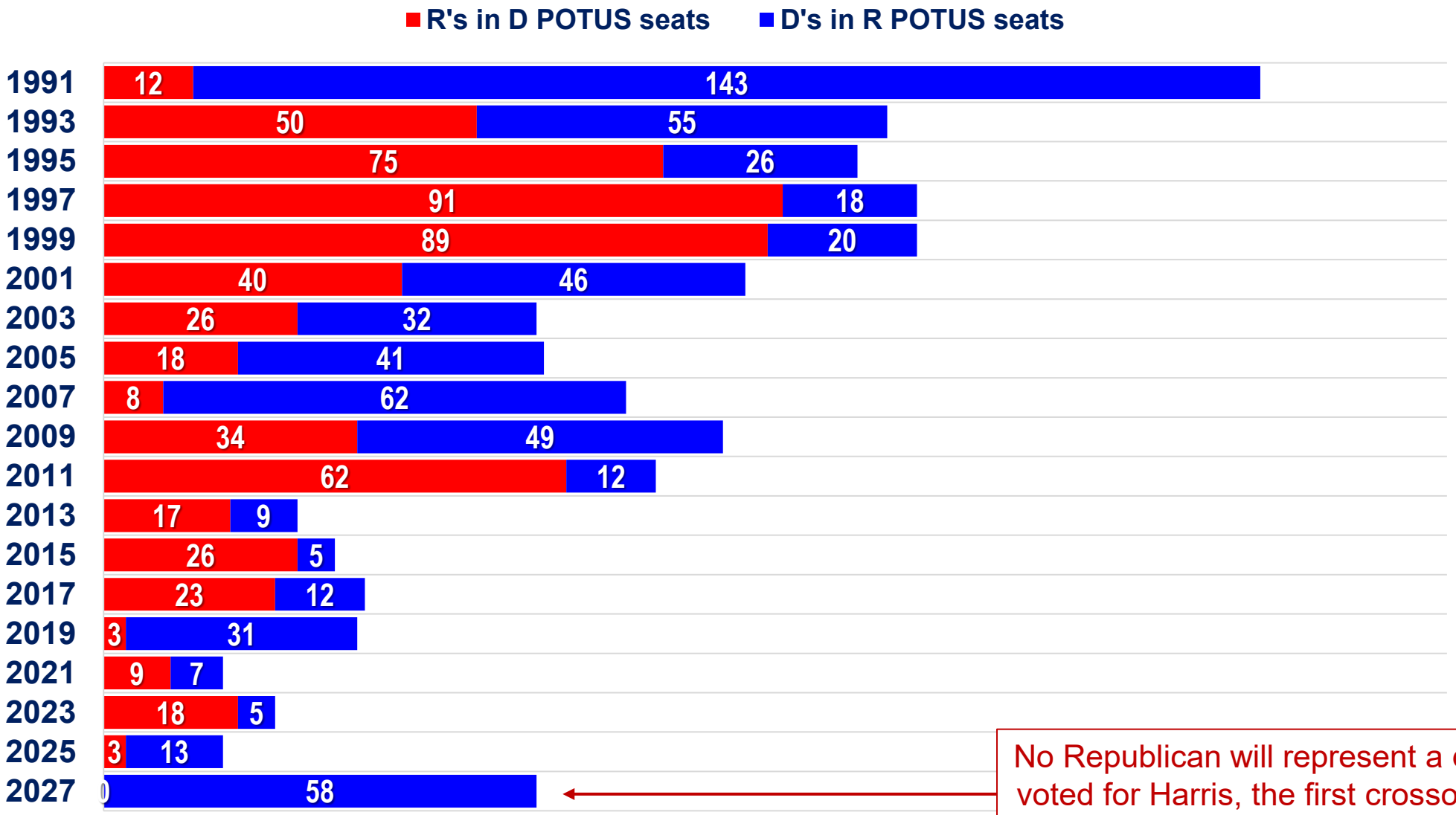
2024 Pres.	2022 Sen.	2026 Sen./Gov.
R+0.9	R+1.0	D+8.0 Gov
R+1.7	D+4.9	D+22.1 Gov
R+2.2	D+2.8	D+18.0 Sen
R+3.1	D+0.8	D+7.7 Gov
R+3.2	R+3.2	D+19.6 Sen
R+5.5	D+4.9	D+13.1 Gov
R+11.2	R+6.1	D+4.9 Sen
R+13.1	R+7.4	D+0.3 Sen*
R+13.2	R+12.2	D+4.1 Sen
R+16.1	R+23.0	D+5.1 Sen
R+17.9	R+25.9	D+4.5 Sen
D+31.2	D+40.4	R+6.6 Gov

2026: unofficial AP count, Nov. 7, 2026; Alaska 2026 is first-choice votes,* uncalled. Alaska 2022 runoff was R vs R. Ohio Brown newly elected.

MEHLMAN CONSULTING

~22% OF HOUSE DEMS WILL REPRESENT TRUMP '24 DISTRICTS

House Members in Seats that Last Voted for Other Party's President



No Republican will represent a district that voted for Harris, the first crossover district shutout since at least Reconstruction

MEHLMAN CONSULTING

GAME ON: THE NEXT RACE HAS ALREADY STARTED



MEHLMAN
CONSULTING

Reasons for Hope

America Marches On

(Until the next "Most Important Election of our Lifetimes")

MEHLMAN
CONSULTING

THE MOST-FEARED PROBLEMS AVERTED

Rules Maintained



No Widespread Interference

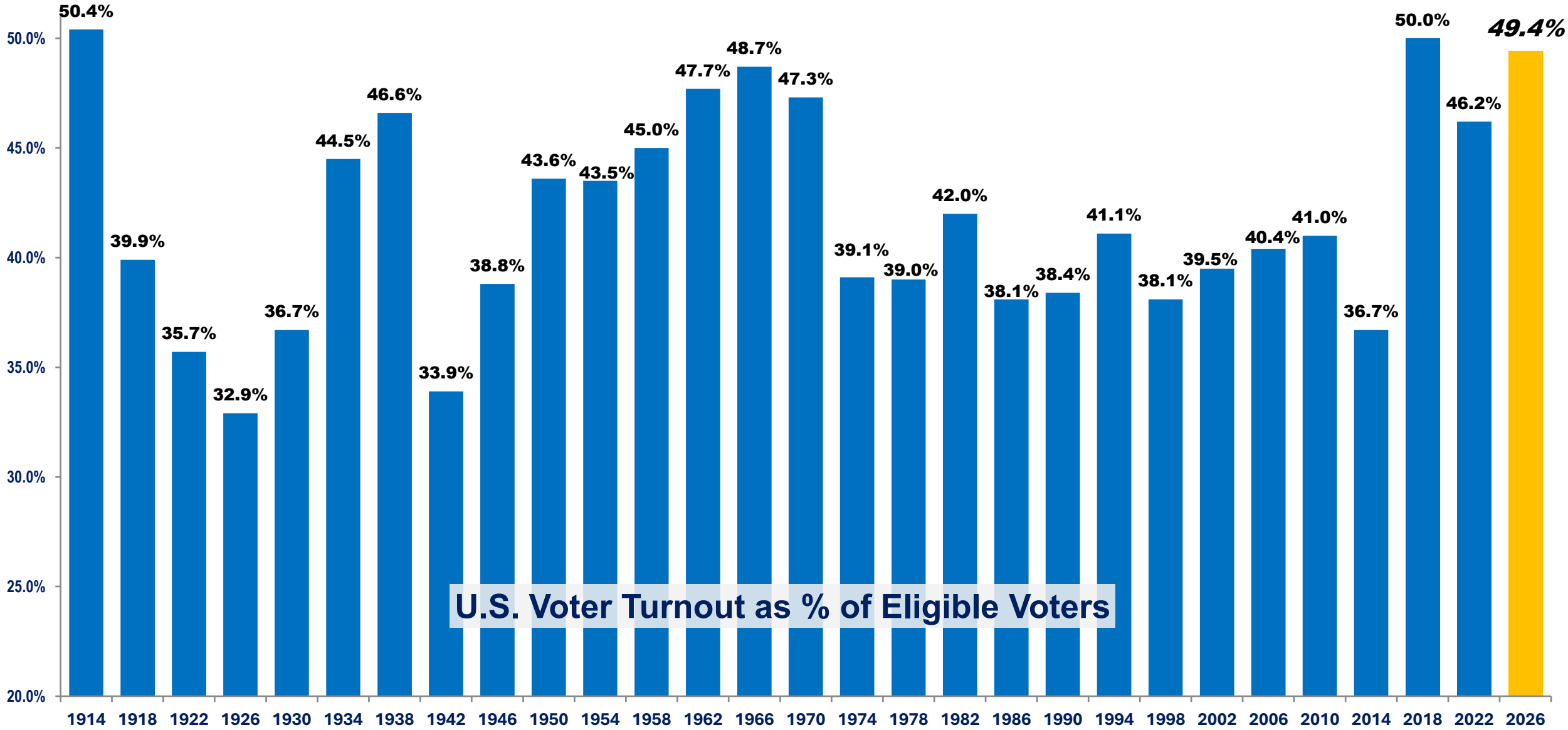


Outcomes Accepted



2ND HIGHEST VOTER TURNOUT SINCE 1914

Share of Eligible Voters Who Voted in Midterms



Source: US Election Project; *2026 estimate as of 11/6*

MEHLMAN CONSULTING

THE PENDULUM ALWAYS SWINGS BACK

Energy & Activism Consistently Builds Against Party in Power











2006 & 2008

2014 & 2016

2018 & 2020

2022 & 2024

MoveOn.ORG
DEMOCRACY IN ACTION

TEA PARTY

#METOO

BLACK LIVES MATTER



NO KINGS

OCCUPY



MARCH FOR OUR LIVES

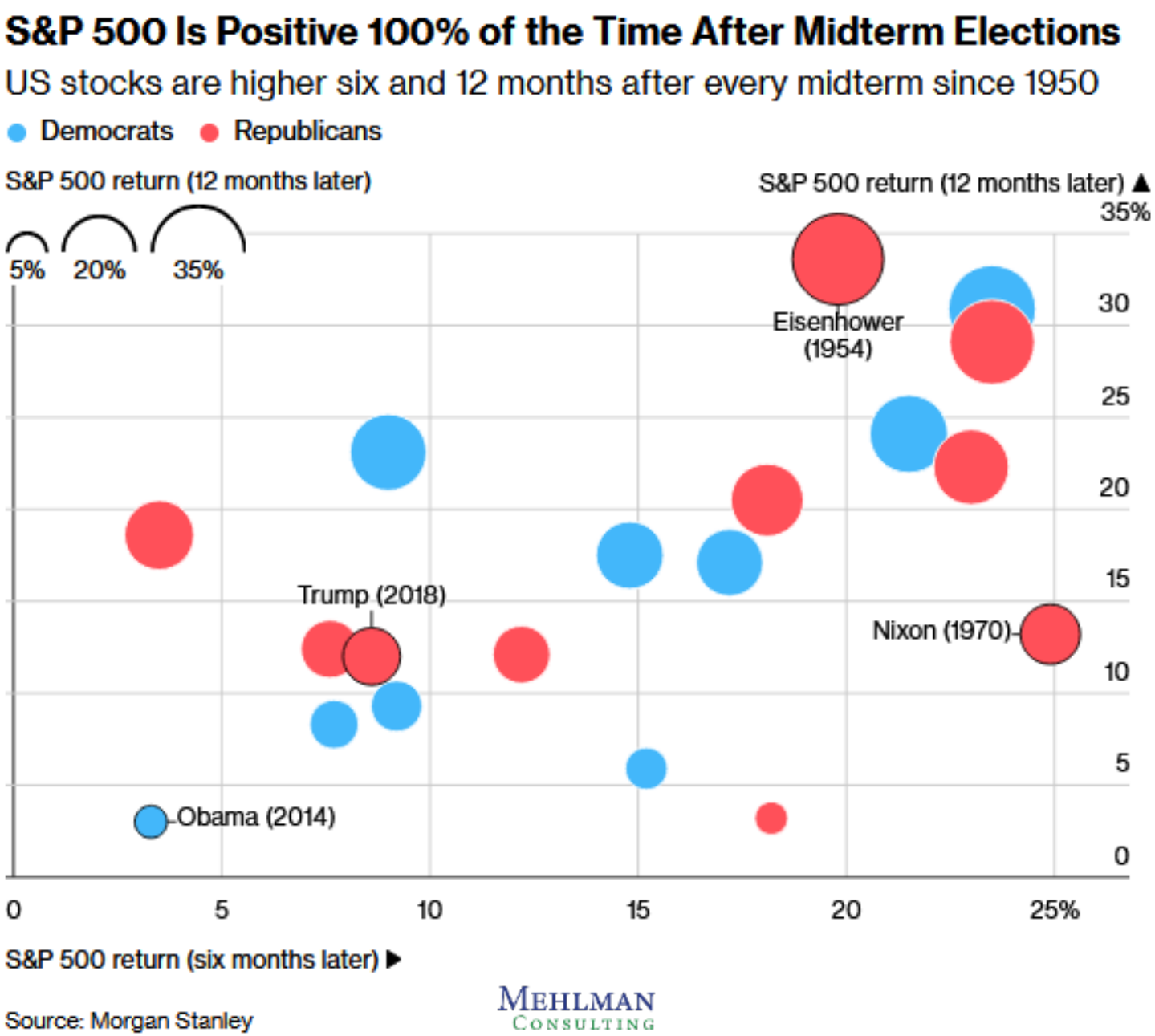
MEDICARE FOR ALL!

CEASEFIRE NOW!

STOP THE BILLIONAIRE TAKEOVER

MEHLMAN CONSULTING

MARKETS HAVE ALWAYS INCREASED AFTER MIDTERMS SINCE 1950



Feedback Always Welcome

Free Substack: https://brucemehlman.substack.com/subscribe

MEHLMAN
CONSULTING