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LEIGHTON	N CHARLES M											
Form 4	6.0005											
December 1												
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMIS						COMMISSIO	NT.	OMB APPROVAL				
Washington, D.C. 20549								N OMB	r: 3235-0287			
Check t			F CHANGES IN BENEFICIAL OWNERSHIP OF							January 31,		
if no lor subject		MENT O								Expires: 2005 Estimated average		
Section 16. SECURITIES								hours per				
Form 4							respons	response 0.5				
Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company, Act of 1025 or Section												
See Instruction Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940												
1(b).												
(Print or Type	Responses)											
V 1 1 1												
1. Name and Address of Reporting Person [*]			2. Issue	er Name ar	d Ticker o	or Trac	ling	5. Relationship of Reporting Person(s) to				
LEIGHTO	N CHARLES M		Symbol					Issuer				
		METL	IFE INC	[MET]			(Check all applicable)					
(Last)	(First) ((Middle) 3. Date of Earliest Tr				1		χ-				
200 PARK AVENUE			(Month/Day/Year) 12/15/2005					_X_Director10% Owner Officer (give titleOther (specify below) below)				
												Filed(Month/E
onth/Day/Ye	ar)			Applicable Line) _X_ Form filed by One Reporting Person								
						ne Reporting Person ore than One Reporting						
NEW YOR	RK, NY 10166							Person	,	1 8		
(City)	(State)	(Zip)	Tab	ole I - Non-	Derivativ	e Secu	irities Ac	quired, Disposed	of, or Benef	icially Owned		
1.Title of	2. Transaction Date			3. 4. Securities Acquired Transactior(A) or Disposed of (D)				5. Amount of	6.	7. Nature of		
Security (Instr. 3)	(Month/Day/Year)	Execution any	Date, if	Code	on(A) or Di (Instr. 3,			Securities Beneficially Owned	Ownership Form:	Indirect Beneficial		
((Month/Da	ay/Year)	(Instr. 8)	(- ,		Direct (D)	Ownership		
								0	or Indirect	(Instr. 4)		
						(A)		Transaction(s)	(I) (Instr. 4)			
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)				
Common	12/15/2005				95	, í	\$	0.220	D			
Stock	12/15/2005			J <u>(1)</u>	95	А	50.35	9,230	D			
G										By MetLife		
Common Stock								79	Ι	Policyholder		
STOCK									Trust (2)			

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Secur (Instr.	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
LEIGHTON CHARLES M 200 PARK AVENUE NEW YORK, NY 10166	Х						
Signatures							
Gwenn L. Carr, authorized signer	12/16/2005						
<u>**</u> Signature of Reporting Person		Date					
Explanation of Posponsos							

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Reinvestment of dividends on shares held in Reporting Person's share deferral account (the "Plan Account") pursuant to the MetLife, Inc.
 (1) 2000 Directors' Stock Plan. The amount of shares beneficially owned following the reported transaction may include adjustments in the Reporting Person's Plan Account to reflect the accumulation of fractional shares into whole shares.

(2) Shares held in trust under MetLife Policyholder Trust established to hold shares of Common Stock allocated to eligible policyholders of Metropolitan Life Insurance Company, a wholly-owned subsidiary of MetLife, Inc.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.