

x is my age in years
 So $x \in \mathbb{Z}^+$

\therefore The equation is
 $(15-x)^2 = 15+x$

Tummy-Feeling

The equation is of order 2 so there are only 2 solutions.
 I was motivated by looking for perfect squares greater than 15.
 16 does not work. 25, 36 do.

\therefore The solutions are 21, 10. I have found 2 solutions so I do not need to find any more

Algebraic Solution

$$\begin{aligned} (15-x)^2 &= 15+x \\ \text{or } 225 - x^2 &= 15+x - 30x = -15+x \\ \text{or } 225-15 &= x+30x-x^2 \\ \text{or } 210 &= 31x-x^2 \\ \text{or } 210-31x+x^2 &= 0 \\ \text{or } 210-21x-10x+x^2 &= 0 \\ \text{or } 21(10-x)-x(10-x) &= 0 \\ \text{or } (10-x)(21-x) &= 0 \end{aligned}$$

$$\begin{aligned} \therefore 10-x &= 0 \text{ or } 21-x=0 \\ \text{or } x &= 10 \text{ or } 21-x=21 \end{aligned}$$