The Mid-Life Crisis

OUTLINE

INTRODUCTION

I. Developmental stages of life

II. Aging and the mid-life crisis

A. Body

B. Ego (giant mood swings)

C. Social life

III. When does the crisis come?

IV. Reality of it: “Reassessment”

V. Most common stages of mid-life crisis

A. Reality of Death Ps.102:5

B. Being on a Plateau

C. Being trapped in a Cage

D. The feeling of Depression

VI. Two Areas of Crises

A. Career

B. Marriage

C. 5 reasons the “affair” is destructive from the beginning

*1. The cause of an affair is unmet needs, but an affair only treats symptoms*

*2. Instability mixing with instability*

*3. A permanent union must have love and commitment*

*4. A man in mid-life is battling with stress*

*5. It fosters insecurity and guilt*

VII. Finding a Solution

A. Treating the symptoms

B. Treating the cause

*1. Ego needs*

*2. Understanding*

*3. Perspective*

*4. Reality of critical spiritual needs*

C. Final transition

CONCLUSION

Practical assignment