

# 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