

# Husbands: You've Been Warned

## You Could Lose Your Wife To A Midlife Crisis

*Mac Arthur Foundation: Midlife in the United States: 43 million women 38 to 55, 15 million (35%), will fall into a midlife crisis.*

### HIGHEST RISK WOMEN

Stay at home mom.  
Works part time.  
Had a troubled childhood.  
Never solved childhood issues.

### WHAT SHE DOES

No desire to reconcile.  
Wants a new life without you.  
Tired of being the care taker.  
Stays out late without explanation.  
Blames you for everything.  
Defends what she used to be against.  
Appears that someone took over her body.  
Hides everything from you.  
Acts like she's 17 .  
She's never wrong .  
Has no compassion for her kids.  
Has an affair while married to you.

### WHAT SHE SAYS

You were not home enough.  
You did not earn enough.  
You worked too much.  
You're lazy.  
You didn't listen.  
You paid too much attention to others.  
I have not loved you for years.  
We married too young.  
I missed out on life.  
You did not help with house/kids.  
You cheated on me.

### HOW IT STARTS

A death, a move, an illness, a birthday, an affair, a sick parent, a financial crisis.

### HOW LONG IT TAKES

Two to five years.



### HOW IT ENDS

She finally compares her old life with you, to the life she created without you.

### YOUR BIGGEST QUESTION

What can I do AFTER it starts?

### HOW IT HAPPENED

Take a look at your wife's first ten years and you will see that she came from a troubled home. What's a troubled home? It comes down to two things from her first ten years of life.

1. Her mother and father did not like each other.
2. Her mother or father made her feel devalued and worthless.
3. Her parents divorced prior to her 15th birthday.

If you see a version of this story in her childhood, you're looking at a woman who was carrying what we might call the Midlife Crisis gene.

When a woman was raised in a home with parents who enjoyed each other and treated their daughter like she was valuable and important, she does NOT experience a midlife crisis between ages 30 and 50. But if she didn't get that great home, and your wife IS from that chaos

childhood home, then she is carrying a type of bomb in her brain that was set to explode when all the conditions were right. If your wife is in a midlife crisis now, the bomb went off.

### WHAT SHOULD YOU DO?

Once her Chaos Engine turns on in her brain, she doesn't want you pursuing her. She's out of range. Any pursuit is an offense. Before the crisis, it would have been a gift. Don't get this one wrong. Now your pursuit is completely offensive.

Since it's a crisis, she's driven by a force that wants what it cannot have. That's a MAJOR reason you must NOT pursue, press, urge, beg, call, love, etc. That would show she CAN EASILY have you. No good!

What you want is to become a man she CANNOT have. Her

chaos engine wants what it cannot have, so it must pursue what it cannot have. You must become a man she cannot have so eventually, she will pursue you.

### **HOW TO BECOME WHAT YOUR CHAOS KID CAN'T HAVE**

1-Keep your conversations light and short. Serious talk ignites her chaos engine and drives her away. Short statements sound like, "Good seeing you again. Gotta run." and "Sorry, I can't. Got plans." This causes you to seem interesting and important. Other people want you and most of all, you have no time for your chaos kid. It's exactly what you must do now. Not only are you not pressuring her, but you are moving her chaos engine to want what it can't have.

2-Now is the time to be happy, independent, popular, likable, enjoyable, secure, friendly, encouraging and conversational with everyone but her. If you are an Environment Changer in my course, this will be easy because I show you how to change your feelings in 60 seconds but if you are not in my course, just do what every self-help book says to do...act happy.

3-Agree with anything she says and never disagree -no matter how crazy the statement.

4-Key Rule in communicating with her:

1-Ask no questions

2-Give no explanations

You are going to give two opposite messages at opposite times. By your actions you will be saying "I Don't Need You." But at other times you will be telling everyone else, especially your children, "She is a great person."



These two messages are never spoken together in normal life. "I don't need you." and "You're a great person". Normally, people who say "I don't need you", also say and "...and I don't like you". What you need to do now makes no sense in a normal relationship, but as Dorothy says in the Wizard of Oz, you're not in Kansas anymore. You're dealing with a woman in her midlife crisis.

5-You will be doing what made you interesting to her in the beginning. Go after your individual interests, spend time with other people, play the piano, garden, wood working, tennis club. Have an active social circle. You are not doing this for revenge.

### **BEING THE GREATEST DAD**

Now is your time to become the greatest dad to your kids, especially if they are under 12 years old. A midlife crisis rips the mother instinct out of mothers and this is very hard on children. You'll need to become more involved in their lives, more caring of their emotional concerns, more ready to make up for the loss

of their mothers time, security and attention.

You'll also become tough but fair because losing mom as they knew her will throw some of your kids into a great deal of emotional turmoil. You must become the stable, steady dad your kids can come to for reassurance, direction and encouragement. That's why it's so important that you feel good about yourself. Kids can't get what they need from a dad who is also an emotional, self-centered wreck.

If your kids are teens, you'll need to up your level of tough but fair. Teens test parents anyway, but when their mother becomes possessed by somebody else, teens with raging hormones lose any stability they had. As dad, you need to step in and be as fair as you can, but when it comes to your teen getting out of control with every evil in the world, you'll need to stand tough for them when they have no internal ability to do it.

Using my tool called The Flag Page can go a long way toward understanding your teen. You can get your sons or daughters to complete their own Flag Page online which produces a story of how they succeed. With the six pages of your teen's Flag Page completed, print them in color and set aside a time to read their strengths stories to them.

Since your teen did the work, your teen will own the answers. This opens the possibility of an encouraging conversation between dad and teen. Your son or daughter will feel that you understand during this difficult time. ([www.flagpage.com](http://www.flagpage.com))

### **BEING THE MAN**

You need to become strong enough to stand up for yourself, but not in a combative way. You have self-respect and you are not dependent on your wife for happiness. In her current state, she cannot make you feel anything but bad anyway, so stick with this plan. It is a very different plan because your wife is in a very different situation.

Don't stop her manipulation like some angry and hurt husband, but more like a confident company president who is in a high level negotiation. He never loses his cool as he protects the business. That's how you'll be with your chaos kid in the middle of her midlife crisis should she attempt to take advantage of what the kids need for security.

Don't allow her to create a win/lose for you or your children. Create a win/win. The chaos engine that runs your wife will never respect a man who is uncertain. Be certain by paying attention to these Ways To Become What Your Chaos Kid

Cannot Have.

### **PERSONAL APPEARANCE**

Pay attention to your personal appearance.

Update your clothing to current fashion for your age group.

Become a neat and attractive dresser.

Change your hair cut and get hair dresser attention

Keep your clothes and shoes clean.

Get a makeover, change your glasses, work out.

Exercise...run, swim, bike, lift weights, tennis, softball - something you like

Rent comedies; hang out with moral friends who make you laugh.

Listen to relaxing music, get a massage.

Stay in a good mood and start having gratitude for all that you have.

### **STOP ENERGY DRAINERS**

Stop internet time of more than an hour- it sucks the life out of you.

Stop checking email constantly- limit it, get to the point with people.

Stop porn -It drags you through an energy draining fantasy world and sets you up to cross other immoral fences.

Limit your video games so it doesn't possess your life away from people.

Stop TV-the worst of all energy drainers - you feel drugged and lazy the more you watch.

### **THREE KINDS OF AFFAIR WOMEN**

If your wife is in an affair, you might find her in one of these three descriptions.

#### **PERFECT /PEACE, Softhearted Woman**

These wives have a high need to pursue the right thing and that means sensitivity to her feelings, and respect for who she is. Because she's always done everything for everyone else so she can feel better about herself, in an affair, this girl gets a strong attachment to the affair guy. He becomes her knight in shining armor who will save her from this empty marriage.

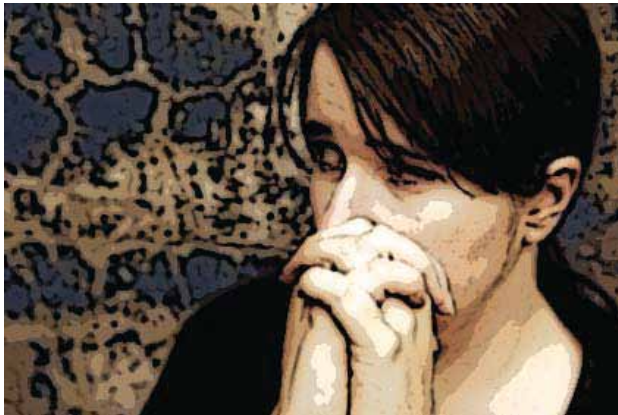
If you're married to this girl, you definitely don't want to pursue or pressure her because she will attach herself to the affair even faster. Because this Perfect Peace girl longs for sensitivity and respect, she will cling to that guy till he dumps her. You know the Perfect/ Peace girl is your wife because it took a long time for you to attract her, but once you did, she was very loyal.

#### **FUN /PERFECT, Softhearted woman**

If your wife is outgoing, highly social, laughs easily, really affectionate and very impulsive who can also be quite the perfectionist and very sensitive, then you have a Fun Perfect, softhearted woman. She probably never controlled her feelings very well. She's looking for that love feeling again and believes that if she's not feeling love from you, then it must not be there. You need to pay attention to the Ways To Become What Your Chaos Kid Can't Have because this is a woman who will respond to that.

#### **PEACE /PERFECT, Softhearted woman**

If your wife has always been on the shy side, quite the deep thinker who would rather listen to people than talk, usually cautious and not a risk taker, then she is a Peace /Perfect woman who needs respect for who she is and sensitivity for her feelings, in that order.



This girl is not looking for a long term commitment from her affair, but instead she just wants someone to affirm her, respect her as one who can satisfy another man's needs. She wants to be validated that she still is a valuable woman because you never made her feel that way.

She struggles with guilt and she feels unworthy of love, even though this affair is not the way to get it. Eventually, she'll put feelers out to find out if you're willing to forgive

her for the affair and that's when you need to turn on the acceptance, forgiveness and patience in a big way. When she finally puts those feelers out, ask about her concerns and fears and let her voice them without judging. Give her a warm and accepting environment to come back to. Ease her guilt.

### **THE OTHER FAMILY**

If you find out that your wife is having an affair with another man, it is your obligation to your own family and his, to alert his wife. You do this calmly and firmly. Call the woman up and let her know the proof you have and make sure you have proof. Leave it to her to pressure the guy. The vast majority of men will always go back to their families when caught in an affair. That will leave your wife suddenly alone and that's a good thing. In the meantime, you are the I don't need you, You're a great person, husband. Not in any way are you that old guy who was asleep at the marriage wheel.

**MOST OF ALL:** Remember that there is nothing you did to justify her affair. There are things you did to make her weak to the temptation, but you did not cause it. She will one day

accept responsibility for her actions once she comes out of the midlife crisis.

When your cheating wife does come back, you must let her know that she is now in the position of healing and earning your trust. That means she will have to let you do spot checks of her financial records, phone, text and emails. If she is sincere, she will agree.

Ultimately, what got her here is her troubled childhood where she never received the self-esteem, that would make her feel worthy. Because of that childhood all those years ago, for the rest of her adult life, she will question if she is an equal to others. Of all the people in her life, she wanted that validation stamp of approval from you. Eventually, as she works her way back home, she will get that from you. Once the affair has been dealt with, never, never bring it up again in any way, shape or form.

Should she bring up the topic of her moving back into the house, don't let her sense that you need her to be home. Act like you have all the time in the world to wait till she works out her need to feel she has found her value and independence. Wait until she becomes urgent about the moving back home idea. Let her pester you about it, don't ever pester her.

Key Issue: No long conversations. Don't talk a lot. Keep your statements short and very to the point. If you are face to face, on the phone, leaving a voice mail, writing her an email, sending her a text, everything will be short. "You bringing the kids?" "Are you home yet?" "Got milk?" Be sure you never use her first name in anything. That's part of the plan. It's so important that you remember this is NOT in any way, shape or form a normal marriage relationship. Remember...you're not in Kansas anymore. The biggest rule is NO LONG CONVERSATIONS. "Ok, no prob. Gotta go."

### **HELP HER FEEL IN CONTROL**

Make her feel like she's in control of everything she can possibly control. Let her control her finances, her personal decisions, who she associates with, how the children should be dealt with, what she wants to do next with her time. You should endorse her.

But when it comes to joint ownership of anything or to the use of your time and resources, remind her that your kids emotional and material needs come first. It's not about your or her convenience. It's about theirs. Say that kindly and then follow through with that action.

### **WHAT NOT TO SAY**

Never say "I don't care." or "I no longer care." or "That's because I just don't care." It does not matter how you express it, this is a very bad phrase. Stay away from ever saying it. You DO care, but you are caring enough to take on a whole new plan for this woman in crisis. That's how much you care. Men say that "I don't care" phrase in their attempt to protect themselves from the mean stuff coming from their Chaos Kid wives in crisis. This is NOT how you protect yourself. You live the plan I've laid out BECAUSE YOU CARE.

Why are you doing things so differently? It's because she's a different woman now. She is possessed by her chaos engine. She's not the girl you married anyway. You love the woman she used to be, not the woman she's become. That girl you married was kind, warm, caring, sensitive to your needs, helpful, encouraging to you and so many other good things. This new woman run by the chaos engine is cold, self-centered, nasty, distant, and competitive. That's why you want to agree with everything she says and does because agreement keeps the engine from getting out of hand. Resistance just gives it more power.



### **NEVER LEAVE THE HOUSE**

If your chaos kid wife demands you leave the house, make sure you never do. Your point is simple. "Since it was you who became unhappy, then you need to leave home where all our routine takes place. If you want new, then new is out there." Imagine your teen age son demanding that he was not happy and that you must now move out of your own house. That would be nuts! Same with your chaos kid wife. If there's any moving to do, it needs to be her. You'll say "I want you to stay, and I'd rather you did, but I will not stop you from leaving if that's where you believe your happiness is." Give her the freedom to make her own choice, but be clear on this point...don't fight about it. Stay calm and stay home.

### **HER OWN ROOM**

If she decides to stay in the house, let her have her own room where she can feel safe. It should have a lock on the door that you have installed and give her all the keys. (remember, this is not your wife we are talking about). This woman is a new stranger who is living in your house and you want to treat that stranger with respect and privacy. You would never expect sex from a guest who was living in your house so don't expect it of your chaos wife. That's way too much pressure. You'll want to take over the house chores because this new woman will be out

searching for her new self and you'll allow her to do that.

## TIME

Experts in this area estimate that it will take two to five years before this crisis runs its course. The more traumatic her childhood, the longer it could last. Get that time in your head because you don't want to be anxious. You need that time to become the husband you should have been. It's a great time to learn how to become a man, who serves, cares and is happy with himself.

You will also need that time for your chaos kid to disconnect from the affair she was in. It might have been a fake fantasy, but it was still love to her. Give her time to disconnect from it. During this time, don't ask for assurances; don't talk about "us" because there is no "us".

If there's going to be affection between you during this time, make sure it's HER that initiates it, even if it's just a hug. As far as you're concerned, this is a stranger living in your house.

## ELIMINATE FEAR & LONELINESS

The reason a chaos kid wife does not recommit to her husband is fear. She's afraid that the changes in you will not be real changes, but only cosmetic. The fear of facing her nightmare all over again is too much and creates a lot of fear.

My plan requires you to put the focus on your children and your new social circle so you don't sit home at night alone. The last thing you ever want during this time is to feel lonely. Loneliness is a killer to men in this situation. Make plans with your kids, be with people, get things happening. Night + Internet + Alone = FAILURE

## MISSING OUT

The burning need that set off your wife's chaos engine is not only the loss of that important and valuable feeling, but the feeling that your wife is missing out on something and life is very short. That's why you want to encourage her every chance to go after career dreams, new skills, talents, her ideas.

## A WAY TO SEE YOUR WIFE NOW

When I work with a man who finds himself in the middle of his wife's midlife crisis, I ask him to imagine that a psychiatrist tells him "Mr. Jones, I'm afraid that your wife is mentally ill and I want to admit her into a psych hospital for observation."

My question to the husband is "How would you treat her after hearing that?" Her behavior would be exactly what it is now, but how would you treat her? So imagine you're visiting your wife in the mental ward where you don't say much, and you do a lot of listening and acknowledging.

You make no demands of her and you don't stay that long. This is, by all reports, exactly what you need to do to stay sane while your wife appears to have lost who she used to be.

This is not supposed to be easy so don't ask it to be. What you want is to come out of this a wiser man, a better dad and a husband your recovered wife will love like never before.

Larry Bilotta



*Larry Bilotta*

## P.S.

If you're thinking to yourself things like "My spouse would never meet my needs, is involved with someone else, is hostile to me, then you should be aware of the 5 signs of a mid life crisis:

Spouses in a mid life crisis:

- 1-Say what they don't mean, and what they mean, they don't say.
- 2-Their needs are more important than yours.
- 3-Sells themselves as someone they are not.
- 4-Any good thing you do or say they take as a threat.
- 5-Wants what they can't have and what they have, they don't want.

Listen to my free teleclass to get clarity on what you can expect should your spouse be in a mid life crisis right now. In the teleclass I cover the 2 rules that if broken, can add fuel to the fire, sabotage your marriage and put you on the fast track to divorce. This Tele-Class will show you how to weather the storm and shorten your spouse's mid life crisis.

*Listen to the free audio teleclass at:*

<http://www.surviveamidlifecrisis.com/teleclass>

## P.S.S

If you have lost your spouse's heart, but are still committed to winning them back without his/her cooperation, watch my free one hour video presentation to end your anxiety and find calm in the middle of chaos without manipulative or controlling behavior. This video is based on what I used to stay happily married over 40 years in this age of divorce.

*Watch The Video Presentation Here:*

FOR MEN:

<http://www.top20questions.com/men>

FOR WOMEN:

<http://www.top20questions.com/women>



*Article inspired by Christine Carter Schaap's ebook "Survive Your Wife's Midlife Crisis"*

*www.surviveyourwifesmidlifecrisis.com. Also see: Path Partners [www.pathpartners.com](http://www.pathpartners.com) Women in MLC: The Dorothy Syndrome / [www.womeninmlc.lefora.com/forum](http://www.womeninmlc.lefora.com/forum)*