The 6 Stages of Your Wife’s Midlife Crisis

For many years I have worked with men whose wives have suddenly collapsed into a midlife crisis or eventually melted down into a woman these husbands did not know. There are stages that a woman goes through once her midlife crisis begins and if you know what to look for, you can recognize them.

The reason I tell you this is because the men I work with want to know when it’s over. They want to know that because they can’t stand living with this other woman who resents them or even hates them. These husbands want to know when it will be over so they can get back to their normal life with their normal wife. And who could blame them? They had no idea this was going to happen but if they knew what I know, they could’ve predicted this long before their wedding.

That’s because women who melt down into a midlife crisis all have one thing in common: they come from painful childhoods. A painful childhood is one where the girl endures abuse, neglect or abandonment. If one, two or even three of these things have happened to her in her first 10 years, she will endure a midlife crisis in her adult intimate relationship and her marriage, sometime between two and 26 years into the marriage. Typically, a woman’s midlife crisis launches between ages 35 and 45 but in some cases of really severe childhoods, it can even begin in their early 30s.

My own research with hundreds of people, where I interviewed them about their childhoods, has proven this over and over again. Girls, who grow up in happy homes where mom and dad enjoy each other and mom and dad make her feel important and valuable, never endure a midlife crisis. The reason your wife is going through a midlife crisis is because her childhood has some combination of abuse, neglect or abandonment. I won’t go into how it works here, but even if I would’ve warned you about this 60 days before your wedding, you would have thrown me out of your house. At that time, you were not ready to hear it because you had to fulfill your destiny and this is the girl who could do that. That’s because something in YOUR childhood, attracted you to THIS particular girl because of what happened in hers.

But you are not equipped to take care of a chaos kid because you know nothing about it. I have several resources regarding the midlife crisis that might help you and they are available at my various websites.

Before I explain these stages, you are going to have to realize that your wife WILL go through them. If you are not what I call an Environment Changer, you will not be able to shorten this process. That means you must get through it and that will take 2 to 5 years. Also remember that these stages are not completely distinct. They can blend together and sometimes completely overlap. You will see stage two happening in one week and stage 3 happening in the next.

STAGE 1: The Emotional Collapse

The beginning of her crisis begins with a crisis. Don’t be too concerned about what kind of crisis it is but I will give you a sampling of what these are based on my hundreds of interviews where a crisis always launches the midlife crisis. Her mother could move in with you while you are losing your job. That’s a
combination that could launch it. You could be filing for bankruptcy while your business collapses and she has to go work at another job while you still have children at home. That could get it started.

Her mother dies, you move across six states, you have trouble being addicted to drugs and alcohol, one of you takes on a serious sickness, a child dies, a child endures an extended illness, your house burns to the ground, there is a severe car accident and on it goes. The beginning of the midlife crisis is usually two dramatic issues that cause her to collapse emotionally.

**STAGE 2: Enlarging the Gap**

In Stage 2, the monster within that now controls her body seeks to blame you for every bad thing that’s happening. This is designed to keep you flustered and standing on one foot. The purpose here is to increase the number of reasons why she should divorce you. That means that out of her mouth will come many judgments, unfair comparisons, exaggerations of past behaviors and anything else that will help generate “against energy” in you.

Since you know that stage 2 is meant to push you away, you must learn to stay very calm and accept that some entity has taken over her body in order to destroy your family. Staying very calm and accepting everything is the job you must do, but you might discover that there is also a monster in you as well. The monster within you is determined to connect with that monster in her. If you don’t kill off this dark thing in you, it will be very tough to get your wife back to her true self.

**STAGE 3: I Want My Freedom**

This is the place where she is determined to get free of you and this stage can take many variations depending on how she was raised. If her childhood has a great deal of chaos and her mother divorced before she was 10, and her biological father abandoned her, then she will be getting out of town starting with moving out of your house. She will be insistent that she cannot go anywhere near you. Again, depending on the chaos in her childhood, a high chaos girl will disappear on you in this stage. She won’t return your calls or texts.

If you are angry at this behavior, you will be generating against energy. That will not serve you well at all. If you want the girl at this stage, it’s because you see a difference between the girl you love and the entity that is now controlling her body much like a possession in a horror movie.

**STAGE 4: You Owe Me**

This is the stage where your wife takes on various vindictive behaviors. Most of these will be to get you to pay financially for the things she believes you owe her. Depending on the girl, she could make many financial demands through her attorney such as requiring that you pay both lawyers. It also could be that you emotionally owe her for past hurts and she wants revenge. That could take many forms depending on how she was raised. No matter what twists this stage takes, watch for a focus on getting back at you financially.
STAGE 5: I’m Happier Now

In Stage 5, she will be seeking out ways to let you know that she is much happier now because she has a new boyfriend, a new apartment, a new career, a new engagement, a new something. This is the “show off” stage where she finds ways to communicate through friends, through family members or even directly that you suppressed her entire life and now that you are out of it, she is much happier than ever before because you are gone.

STAGE 6: Somebody I Used To Know

Like the song, “Somebody I Used to Know”, she has done what she promised and moved on with her life. She has turned you into a distant memory of someone she used to know. She does not bring you up to anyone and if you have children together, she will never admit you meant anything to her.

I can’t say this next point enough because men don’t hear me very well when I make the point. The point is this: the entity that is driving this supremely self-centered behavior has taken all of her childhood pain and blamed it all on you. Your wife actually believes that’s true. That’s why a midlife crisis in a woman is completely unfair to her husband (unless he’s abusive, etc. and a chaos kid himself). I’m assuming you are not that man. Otherwise you wouldn’t be reading this.

You are probably a real nice guy who treated her exactly the way your father treated your mother in your first ten years. Your mother could handle it from your dad, but your wife would not accept you being like him.

For those of you who are looking for the solution to the midlife crisis, I would suggest that you watch the hour presentation video I created for men on how it is possible to shorten your wife’s midlife crisis. This video covers many of the concepts I teach, bringing it all together into a message on why this is happening and what you can do to “save the girl”.

You can watch this video here: [http://www.top20questions.com/men](http://www.top20questions.com/men)

If after you watch the video, much of what you see makes sense and you want to schedule a private hour call with myself, you can sign up for that call here: [http://www.tinyurl.com/frontofthelinepass](http://www.tinyurl.com/frontofthelinepass)

(I do suggest you watch the entire video BEFORE signing up for that call so you have a grasp on the concepts I teach before we speak.)

–Larry Bilotta
The 7 Phases of Winning Your Wife Back

**Phase 1  Chaos**
"I Hate who you are."
Wild and emotional behavior, trying hard to get far away from you.

**Phase 2  Being Civil**
"I notice what you're becoming. Good for you."
She's cold, indifferent but noticing that you are calmer, more confident and far more together.

**Phase 3  Totally Neutral**
"Thank you for that."
She begins to like how you are treating her and returns pleasant but distant appreciation.

**Phase 4  Girlfriend**
"I wonder if you can help me with something."
She starts calling you for advice on various subjects. Because you change Environment, she talks long.

**Phase 5  Testing**
"I need you to come take care the kids...right now."
She begins abusing your time, your money, your efforts in order to see how you react. Still an EC?

**Phase 6  Affair Behavior**
"You wanna do lunch or something?"
She starts acting like women do when they are starting an affair with a man at work, except it's you.

**Phase 7  Wake Up**
"I'd be crazy to leave a man like this!"
One day, she's brushing her teeth and suddenly it hits her. Why would she ever leave you? She'd be crazy.