



It's Complicated

Life coach Fléchelle Morin answers your relationship questions. This month: How to work through your husband's mid-life crisis

BY FLÉCHELLE MORIN

Q. My husband of 24 years has suddenly bought a sports car, highlighted his hair and started running five times a week. My closest girlfriend is sure he is just having a mid-life crisis, but I can't shake the feeling there might be another woman involved. So I started snooping—going through the receipts in his wallet, checking his 'missed calls' on his cell phone and even showing up at his office unannounced. My husband finally confronted me about my 'bizarre behavior' and I point blank asked him if he was cheating. Of course he denied it...and when I pushed him about his recent transformation, he said he simply wants to enjoy life more 'before it's too late' and start taking better care of himself. My husband has always been a great provider, a loving husband and a wonderful father and I *want* to believe these changes have nothing to do with an affair. But I am still feeling sad lonely—like there is no room for me in his new life. Am I just being silly and insecure for feeling this way or do you think I have reason to worry?

A. After 24 years of marriage, your relationship has weathered many changes, no doubt, and very likely, this is simply one more. The two of you will soon celebrate your 25th wedding anniversary as a couple, a *huge* milestone you should both be very proud of. However, it's not unusual, on the cusp of such a milestone, that some men begin to think about their mortality and that can be a very scary feeling.

According to Robert A. Johnson, the world-renowned Jungian analyst and author of the bestseller, "He: Understanding Masculine Psychology," it can be tempting for a woman to react negatively when her man has fallen into 'a mood,' but a woman's own natural femininity is never more creative when she can be an anchor for a man caught in a whirlwind.

Why not give your husband the benefit of the doubt and trust the reasons he gave you for his sudden makeover? Then give him some time—and a little space—to work through his feelings. Try to be receptive to his ideas and suggestions and appreciative when he 'lets you in.' And while you're at it, why not try following his lead? After all, what's stopping *you* from joining a gym and getting your body—and spirit—in shape? Health experts agree exercise is the number one antidote to depression. So hire a personal trainer, take up martial arts or try Pilates. Not only can exercise help you get fit, it will lessen your own feelings of sadness and abandonment while increasing your confidence and self esteem.

Seemingly, your husband has been a source of solid support for you and your children throughout the years, so be patient with him during this new phase of his life. When he sees his virility is not coming to an end, he will relax into this new life of his, with you, and once again be the life companion you've valued all these years. Who knows? You may like the new you—and the new him—even better!

Fléchelle Morin is a Certified ASR Coach, Dating to Marriage Coach & Motivational Speaker, and the author of the book, "Kissing or No Kissing; Whom Will you Save Your Kisses For? A Dating Guide to Creating Your Dreams." Email Fléchelle at flechelle@nokissing.com or visit nokissing.com for more information about Fléchelle's book, dating philosophy or to schedule her as a speaker at your next event.



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