Male Midlife Crisis Test – Quiz

We have worked on providing the most exhaustive quiz to date that may help men in midlife to determine Midlife Crisis in their lives. Although each of these points may be expanded upon individually to achieve a greater understanding they remain brief in order to compliment the quiz type format.

By taking the quiz a man may be alert to his personal status and determine a course of action.

The failure point of such quizzes is that most tend to deal with generalities. This quiz assumes that the man is older than 34 years and has recently if not suddenly found himself within the parameters of these questions. If a man has experienced a “lifestyle” of issues within the scope of these questions then other issues outside of midlife crisis should be considered first. The “earmark” of midlife crisis is that many of these issues were not experienced heretofore and have occurred in both the physical and emotional arenas within a scope of one to two years. Many psychological issues appear full grown in midlife crisis that was not a regular feature of a man’s life prior to this.

Are you in a midlife crisis now?

Take time to fill in the following check boxes then total your score at the bottom:

1. Physical Symptoms:
   - Do you lack energy?
   - Have you experienced a decrease in your sex drive (libido)?
   - Have you lost height?
   - Has your strength and/or endurance decreased?
   - Are your erections less strong?
   - Taking longer to recover from injuries and illness.
   - Less endurance for physical activity.
   - Feeling fat and gaining weight.
   - Difficulty reading small print.
   - Loss or thinning of hair.
   - Sleep disturbances and fatigue.
   - "Sore body syndrome" - stiffness.
   - Excessive sweating.
   - Cold hands and feet.
   - Itching.
   - Has your muscle tone centered around your mid-section?

Your score ________ out of sixteen
2. Home Life:

☐ Do you feel frustrated because so much of your income is spent on others--not you?
☐ Frequent fantasizing about getting away from it all.
☐ Do you find yourself falling asleep after dinner?
☐ Have you increased your use of alcohol, drugs, food, TV, etc recently?
☐ Have you noticed yourself enjoying life less?
☐ Do you feel sudden outbursts of temper and hostility?
☐ Do you find yourself criticizing your mate now more than ever?
☐ Are you experiencing increased forgetfulness about appointments, deadlines, and dates?
☐ Are you recently getting a feeling of anger because you have to serve everyone else?
☐ Are you experiencing an increased feeling of inadequacy around your home and about “parenting” your children?
☐ Have you recently started working out, bought a new wardrobe, or a new car, quad, or motorcycle?
☐ Has your music listening habits changed?
☐ Have you been questioning your reasons for remaining in the marriage?
☐ Have you recently embarked on “home improvement” regimes?
☐ Have you been privately considering what it would be like if you were no longer living here?
☐ Have you found yourself wanting to sleep rather than making love?

Your score ________ out of sixteen

3. Your Work and career:

☐ Has there been a recent deterioration in your work performance?
☐ Have you noticed a recent and growing dissatisfaction in your job or career?
☐ Do you find your decision-making is more difficult?
☐ Are you experiencing frequent memory loss while speaking or writing?
☐ Do you find yourself in excessive worrying about everything including your success and job security?
☐ Are you feeling less confident in your work performance?
☐ Do you find that your interest in working has waned?
☐ Have you worked longer hours unnecessarily to avoid going home?
☐ Has your work recently seemed drudgery and lacking in the passion you once maintained?
☐ Do you find yourself frequently irritated by work performance including your own?
Have you been experiencing frequent mistrust of your work associates?
Have you been daydreaming of getting away from it all or to take on a different career?
Do you find a lack of energy to take on or initiate new projects?
Do you notice more frequently that your subordinates been running the race more efficiently than you have?
Do you feel that your job security is threatened?
Have you recently felt overburdened by your responsibilities, not in control of your own time, and the need to run faster to keep up?

Your score ________ out of sixteen

4. Your Personal life:

Are you feeling frequently irritable?
Are you frequently feeling depressed?
Do you fear that life is running out too quickly?
Do you feel grumpier than normal or usual?
Increased nervousness and jumpiness?
Have you been feeling that your body is out of shape?
Disinterest or anger at God, or the church?
Frequent day-dreaming about the good old days of your youth?
Frequent thoughts of taking your life?
Increased feeling of euphoria when talking to someone of the opposite sex?
Are you experiencing difficulty making decisions?
Are you feeling a recent loss of self confidence or joy?
Have you felt a recent loss of purpose and direction in life?
Have you felt isolated, lonely, unattractive, or unloved?
Have you felt recent forgetfulness and difficulty concentrating?
Have you recently been fantasizing about other women, having a sexual affair, or viewed pornography online for personal gratification or masturbation?

Your score ________ out of sixteen
5. Your Sexual life:

- Have you recently experienced a lost erection?
- Are your recent erections less firm?
- Is your recovery time between sexual activities increased dramatically?
- Have you recently felt a loss of sexual interest in your mate?
- Do you find that you recently require direct physical stimulation to get an erection; a sexy sight or fantastic fantasy may not arouse you as it did before?
- Are you feeling an increased anxiety and fear about losing sexual potency?
- Increased fantasies about having sex with a new and younger partner.
- Is there less of an urge to ejaculate? Sometimes a man might not feel the need to orgasm at all.
- The force of ejaculation is not as strong as it once was. The amount of the ejaculate is less and one may have fewer sperm.
- Do you find yourself seeking extra-marital aids to stay aroused?
- Felt a recent embarrassment concerning your sexual performance that now acts as a deterrent?
- Have you given recent consideration to visiting an escort, massage parlor, or "professional sex provider"?
- Have you stepped outside of your marriage for sex? (Including phone-sex or online sex)
- Have you been recently flirting with a female co-worker, client, or acquaintance?
- Have you fantasized over certain fetishes to enhance your sex life?
- Have you avoided sexual advances from your mate out of a feeling of performance panic?

Your score ________ out of sixteen

Your total score out of a possible Eighty is: ______________
**Test results:**

**Zero to 15**
Your results are in the normal range. You should begin planning now for changes in later life. Read books on Men and Adulthood – *Understanding Men’s Passages* by Gail Sheehy is an excellent book to start with.

**16 to 40**
If your scores are largely in the physical and sexual life sections 1 and 5, you are in the beginning stages of Andropause. See your Doctor for a bio-available testosterone check. Recommended reading: *The Testosterone Syndrome* by Dr. Eugene Shippen.
If your scores are dispersed in all sections you are entering the Midlife Male Passage typical to most men between the ages of around 34 through 50+. Acquaint yourself with what this means to a man and how to traverse this important time of life with the least amount of difficulty. Recommended reading: *Men in Midlife Crisis* by Jim Conway, *Midlife Passages* by Gail Sheehy, *I don’t want to talk about it* by Terrence Real.

**41 to 60**
You are in Male Midlife Transition and the Beginning Phases of Male Midlife Crisis. You need to be engaged in a Male Mentoring Program or Men’s Group that can help you through this time of life. Find a professional counselor. Recommended reading: *Men in Midlife Crisis* by Jim Conway, *Midlife Passages* by Gail Sheehy, *I don’t want to talk about it* by Terrence Real, *The Testosterone Syndrome* by Dr. Eugene Shippen.
Contact Adam Goodman using our contact page, for reference materials or immediate help and correspondence and join the Private Men’s Forum.

**61 to 74**
You are in Advanced Midlife Crisis. Find a professional counselor skilled in Midlife Crisis and Male Menopause issues. You need to be engaged in a Male Mentoring Program or Men’s Group that can help you through this time of life. Recommended reading: *Men in Midlife Crisis* by Jim Conway, *Midlife Passages* by Gail Sheehy, *I don’t want to talk about it* by Terrence Real, *The Testosterone Syndrome* by Dr. Eugene Shippen.
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**75 to 80**
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