

# Why It Causes Men To Destroy Their Families Finances And Even Commit Suicide

Financial struggles can impact individuals and families in various ways, creating immense stress and often leading to devastating consequences. One demographic that often bears the brunt of these challenges is men. In this article, we explore the reasons behind why financial crises can cause men to make drastic decisions that not only affect their families' finances but also their mental health.

## 1. Societal Expectations and Pressures

Throughout history, men have, to some extent, been socially conditioned to be the primary breadwinners for their families. Financial struggles can be especially difficult for men as they feel immense pressure to provide for their loved ones. Failing to meet these perceived expectations can lead to feelings of shame, guilt, and a significant blow to their self-esteem. Consequently, some men may resort to destructive behaviors as a way to cope with their perceived failures.

Alt attribute for the image: Image depicting a man burdened by financial stress.



MALE MIDLIFE  
CRISIS

Why It Causes Men To Destroy  
Their Families, Finances and  
Even Commit Suicide, and  
What You Should Do



Kara Oh

## Male Midlife Crisis: Why It Causes Men To Destroy Their Families, Finances and Even Commit Suicide, and What You Should Do

by Kara Oh (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English

File size : 1032 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled  
Print length : 77 pages  
Lending : Enabled



## 2. Strained Relationships and Emotions

The impact of financial struggles on relationships cannot be overstated. Men often internalize their feelings of inadequacy, leading to strained communication and emotional distance from their families. The constant stress of financial hardship can create a hostile environment at home, fostering resentment and misunderstandings. This strain can push men to extreme measures, as they may feel that they have failed as providers and thus failed their families.

Alt attribute for the image: Image illustrating strained relationships due to financial difficulties.

## 3. Loss of Identity and Self-Worth

For many men, their self-worth and identity are closely tied to their financial success. Experiencing financial ruin can lead to a deep sense of loss and destabilization. Losing a job or facing insurmountable debt can shatter one's confidence and self-belief. Without an alternative support system or coping mechanisms, some men may see no way out, which may push them to contemplate suicide as an escape from the overwhelming emotional and financial burden.

Alt attribute for the image: Image depicting a man contemplating suicide due to financial distress.

## 4. Lack of Resources and Support

Unfortunately, men facing financial struggles often face societal barriers that deter them from seeking help. Traditional gender roles often dictate that men should be self-reliant, causing them to be less likely to seek out assistance when needed. Consequently, many men bear the weight of their financial issues in silence, lacking the necessary support systems to navigate through their challenges.

Alt attribute for the image: Image representing the lack of resources and support for men facing financial difficulties.

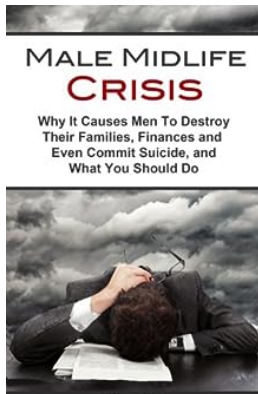
## **5. Stigma and Societal Perception**

Society's perception of men facing financial hardship can be unforgiving. Men may be stigmatized and labeled as inadequate or failures, adding an additional layer of shame to their struggle. This societal stigma can further exacerbate their emotional distress and feelings of hopelessness. Feeling ostracized from society, men may feel that their only way out is through drastic actions that have devastating consequences.

Alt attribute for the image: Image depicting the societal stigma surrounding men facing financial struggles.

It is crucial to recognize and address the significant impact financial struggles have on men's mental health and family dynamics. Society needs to encourage an environment where men feel safe seeking help and support without facing judgment or stigma. By promoting open discussions surrounding mental health, challenging societal expectations, and providing resources to aid in financial recovery, we can help prevent the destructive outcomes that financial crises often bring.

**Male Midlife Crisis: Why It Causes Men To Destroy Their Families, Finances and Even Commit**



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### **How Can You Know If He's Going Through Midlife Crisis, and And What Can You Do If He Is?**

**Or, if he's not at that point yet, what can you do so it doesn't happen at all?**

We make fun of midlife crisis but there's nothing funny about it when you're the one going through it.

**Too often, families are ripped apart, finances are ruined, and sadly, too many men respond by committing suicide.**

**In this revealing book, you will discover:**

- What triggers male midlife crisis,
- Why men have such a difficult time dealing with it,
- What you can do to help him through it,

- What you need to do to protect yourself and your family,
- And what you must understand if he wants to repair the damage he's done.

Not only will you understand male midlife crisis, you will understand who your husband really is, beneath the surface, deep in his psyche. You'll learn what has been driving him, and why, very likely,

**he has felt a silent discontent all his life, without realizing why.**

When you learn what your part is during this very scary and uncertain time, you will be able to give him what he needs. But even

**more important**

, you will learn what you need to do to protect and care for your heart.

If he makes it through – and he hasn't ripped to shreds everything you hold dear – there is a good chance that he will emerge the man you always knew he could be. There's also a possibility (if he is brave enough to look inside himself) that he will be a happier man, who is more connected to all of what it means to be human, rather than an automaton whose programming was switched on the day he was born.

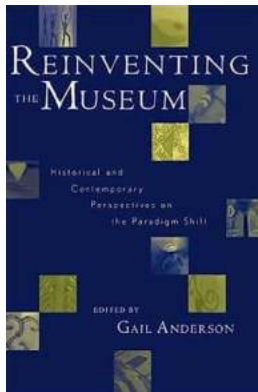
Every woman who values her marriage and cares about the well-being of her husband should have this information at hand. I offer this book as a gift from my heart, because

**I've gone through it myself.**

Blessings on your journey,

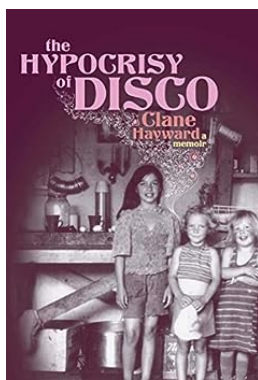
Kara Oh, author of

## Men Made Easy



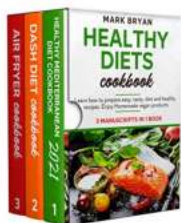
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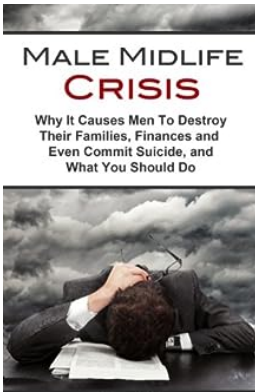
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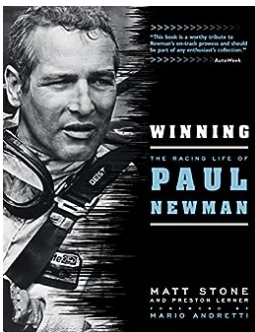
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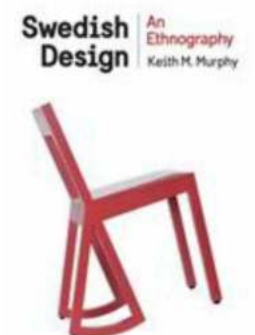
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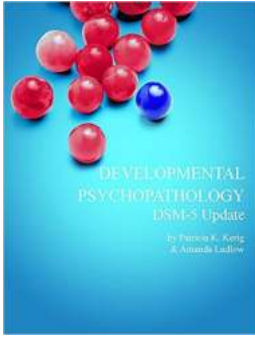
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