



Fact Sheet

RELATING TO YOUR 'IN-LAWS'



GUESTS:

Sue Yorston - Sue Yorston commenced with Relationships Australia Victoria (RAV) as Manager of the Ballarat Centre and was recently appointed to the role of Senior Manager of Social Inclusion. As Manager of Social Inclusion, she is responsible for helping RAV to tailor its services to better meet the needs of all people of Victoria as well as developing new opportunities. Sue is also a media spokesperson for the organisation. Sue has also worked for 20 years in the mental health sector where she gained knowledge of mental illness and disorders and honed her client intervention skills working therapeutically with people experiencing mental health issues as a result of trauma.

Lisa McInnes-Smith - Lisa was raised in a family of sporting professionals. She grew up surrounded by achievers from around the country and around the world. Observing the traits of high achievers, she set out to understand why they were different to most others. This took her on a journey that would immerse her in Sports Psychology and Human Performance. She studied the psychology of achievement and determined to take it to people in all walks of life. After twenty-five years connecting with corporations and business people, Lisa knows what it takes for people to change – to change direction, change attitude, change behaviour and change outcomes.



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TIPS FOR RELATING TO YOUR 'IN-LAWS'

- **RESPECT** - Even if you don't think your in-laws deserve it, show respect for them anyway.
- **LOYALTY** - It is natural that your spouse may feel some loyalty for his/her family. It's OK as long as you don't come in second.
- **CRITICISM** - Even if you have the in-laws from hell, don't criticise them. If your spouse criticises them, just listen. Making comments other than asking clarifying questions can create problems.
- **ROOTS** - Take time to discover both your genetic and cultural roots and share them with your spouse.
- **FEELINGS** - Identify and share your feelings about your family of origin with your partner.
- **HEALING** - If you are having difficulties with your own family issues, it is important that you be open to healing any past injuries so you can move forward in your life with your spouse.
- **BOUNDARIES** - Define and set boundaries with your in-laws concerning your feelings, thoughts and expectations about holidays, vacations, visits, time with grandchildren, financial issues, and privacy.
- **SAYING NO** - Know when you have had enough. Have a password if necessary so that your spouse understands when it is time to end the visit with your in-laws.
- **CARE GIVING** - As your in-laws and parents age, it is important that you discuss practical concerns with them such as their health and financial issues. Find out their expectations about their care in case they cannot provide for themselves in their later years.
- **PRIORITY** - Remember to put your marriage first.



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WEB LINKS:

www.relationships.org.au

www.lisaspeaks.com

REFERENCES:

<http://marriage.about.com/od/inlaws/tp/inlaws.htm>