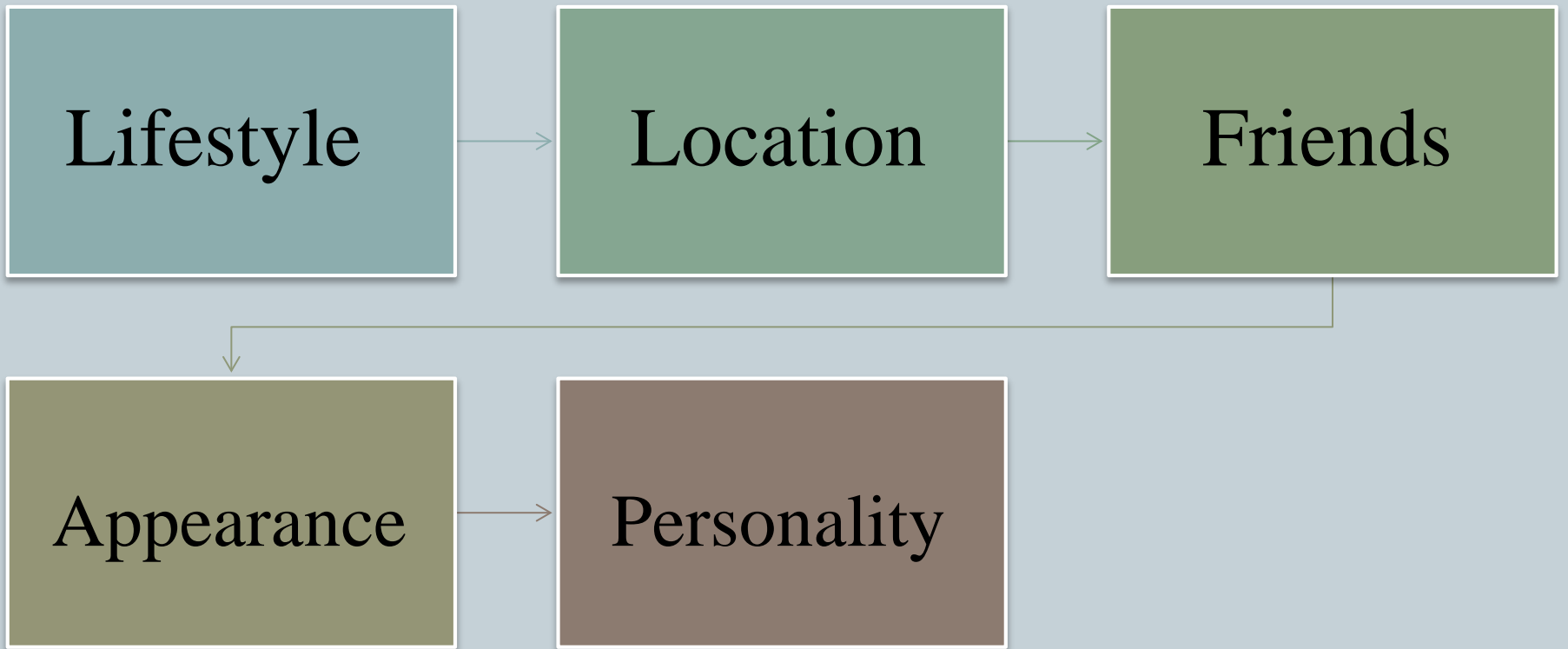


Marriage Adjustments



**CHANGES
FINANCIAL
SEXUAL ADJUSTMENTS
IN-LAWS**

Changes after Marriage



Marital Adjustments



*Differences in
the way you
do things*

*Differences
of opinion*

*Different
expectations*

Marital Adjustments



Money

Sex

TOP 4 AREAS
OF MARITAL
CONFLICT

Children

In-Laws

Building IN-LAW Relationships



Develop a relationship with your in-laws

- Establish parent/child relationship with new parents.
 - ✦ What will you call your in-laws?
 - ✦ Will you knock on the door when you go to their home?
- *Do not interpret interest as interference.*
 - ✦ They have great interest in your spouse, their child, and want what best for him/her and you.
- If they give advice....
 - ✦ Remember, the decision is between you and your spouse, but mature enough to recognize when advice is good and follow it. If you decide not to follow it, decline with respect.

Building IN-LAW Relationships



- *Look for positive characteristics.*
 - ✦ Everyone has good points. You will be much happier if you look for the positive instead of the negative, and expect to get along. Accept them for what they are.
- *Treat your in-laws with respect and courtesy.*
 - ✦ Avoid causing resentment by saying or doing things that can never be taken back. These people will be a permanent part of your life.
- If conflict is unavoidable, keep visits short, thus allowing less time for problems to arise.
- *Give them (and you) time to adjust.*
 - ✦ The first year is the hardest

Building IN-LAW Relationships



- **Develop a new relationship with your own parents. (This will help your spouse with his/her In-laws)**
 - Withdraw closeness (not love) from parents and siblings.
 - ✦ Re-adjust your relationship; they are not your primary family now. This can be hard for parents, but wise parents will help you do this.
 - Make your spouse your first priority
 - ✦ Come home to him/her first, give news to first

Building IN-LAW Relationships



- **Build your relationship with your mate.**
- **Don't discuss your mates' faults with others**
 - ✦ This builds resentment against your mate, and can even help to drive a wedge between you and your spouse.
 - ✦ If you must complain to someone, talk it out with your wife/husband.
- **Continually build your marriage, making it the number one priority in your life.**
- **Do not hold your own family up as a model.**
 - ✦ “My mother’s cookies are a lot softer than yours.”
 - ✦ “Opening Christmas presents on Christmas Eve is a dumb idea.”
 - ✦ It is okay that your family has different habits and patterns from your spouse’s. It’s time to combine them for your own new family traditions.

Just a few Tips . . .



- When visiting with your partner's family do it as a ***couple***
- Establish a dwelling apart from both partners' parents.
- Identify types of social and recreational activities that your new parents-in-law enjoy and try to find ways to enjoy some of the same types of activities.
- Resolve to make your own decisions regarding schooling, finances, children, employment, etc.
 - It's okay to ask for counsel and advice from parents and in-laws, but make sure you and your spouse make the final decision.

Just a few more Tips . . .



- **When corresponding or responding to your mother and father-in-law, do it together as a unit or at least mention in the conversation that “we have talked it over and this is what we have decided”.**
- **Remember that financial aid from in-laws often has strings attached. Know what strings, if any, there are and abide by those expectations or decline the aid.**
- **Find new ways to learn to appreciate your mother and father-in-law.**
- **Refrain from telling mother-in-law jokes.**
- **You will not be able to change your in-laws so try to learn to love them as they are**