



## Creating a New Future With Your In-Laws After a Loss

Rachel Kodanaz  
Principal, Embracing Life's Challenges

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Presented by Boeing



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### Learning Objectives

By the end of this session, participants will be able to:

1. Understand how family members will react differently to the loss
2. Recognize a loss creates new family dynamic that will need to be explored
3. Be aware what was, may no longer be what is

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### Two Tiers of Grievers

*Those who grieve the loss of a loved one  
and those who grieve for the griever*



Creating the third tier



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### Agenda

- Changes in the relationship
- Different losses
- Interactions
- Perception versus reality
- Creating a new relationship with your in-laws
- Developing your roadmap




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### Changes in the Relationship

- All family members have experienced a substantial loss
- Relationships will be changing – no longer a buffer
- Emotions are at an all-time high
- Walking on eggshells
- All families have their challenges




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### Different Losses

Spouse



Parent



Child



Sibling




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### Interactions

#### Constructive

- Support
- Connection to extended family
- Missing their loved one
- Future family milestones

#### Not So Constructive

- Perceived judgement
- Grieving styles
- Complicated
- Natural drift

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### Finding Your Way




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### Perception versus Reality

Loss of connection  
Life is a team – all in this together  
Hope for similar outcomes – just don't know how

*Not good, not bad, just different*

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### Creating a New Relationship with Your In-laws

- Communication
- Boundaries
- Being inclusive
- Asking questions
- Create new memories
- Encourage new traditions



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### Creating Your Roadmap with Your In-laws

- Identify what is painful – manage it!
- Identify what works – embrace it!
- Set boundaries for you and your family
- Know that you would have challenges regardless of the loss
- Embrace the good – reflect on the bad



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## Two Tiers of Grievers

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Creating the third tier



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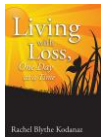
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**Living with Loss, One Day at a Time** offers daily encouragement to individuals and families who have lost a loved one or are suffering from any form of loss. The 365 daily lessons and thought-provoking ideas provide hope, optimism, introspection, and self-discovery.



Personal possessions tell a beautiful story of a person's life regardless of age. But when we find that we have accumulated too much or a loved one passes, it can be overwhelming to figure out what to do with all of these belongings. **Finding Peace, One Piece at a Time** provides tools for how to fill, repurpose, and redistribute these possessions in a way that can capture and cherish our memories and those of our loved ones so they continue to be with us today and for future generations.



**Grief in the Workplace** offers a wealth of knowledge and experience to support those who have experienced a death at work. By providing tools and practical advice that help manage expectations, this handy and comforting guide enables employees, Human Resources, and Employee Assistance Programs to embrace and address the loss effectively and compassionately.

All books available at [rachelkodanaz.com](http://rachelkodanaz.com) and online/retail booksellers



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## Questions?



[www.RachelKodanaz.com](http://www.RachelKodanaz.com)  
[Rachel@RachelKodanaz.com](mailto:Rachel@RachelKodanaz.com)  
 303.619.3547



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Please note: The information provided on this program is intended for educational purposes only.

If you or a loved one needs professional support, please contact TAPS 24/7 at 800-959-TAPS (8277).



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About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



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Upcoming TAPS Institute Programs

September 15 Grief and Young Adults in Military-Connected Families Live Webinar, Noon-1:30 p.m. ET (CEs available)

Heather L. Servaty-Seib, PhD, HSPP, Professor of Counseling and Psychology, Purdue College of Education

Shelly MacDermid Wadsworth, PhD, Professor of Human Development and Family Studies, Purdue University

Visit taps.org/institute to learn more and RSVP!



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