

# POP THE QUESTION

“What if I get cold feet?”

**W**ell, the simple solution is to put a pair of slippers on, but if that doesn't quite cut the mustard don't worry, help is on hand. There are a whole host of reasons why brides and grooms-to-be feel nervous before their big day – it is a pretty big deal, responsibility and undertaking after all – but there are two worries that seem to strike the most, and they both have to do with finding ‘the one’.

## HAVE I CHOSEN THE WRONG DRESS?

Unless you've impulse purchased your dress (please don't!), you've almost definitely made the right decision. And even if you did buy your dress on a whim, you've bought it now, so if it's not quite perfect, it's a better use of your time to think about how you will wear it or what alterations you might make. Either way, worrying that your dress isn't the right one for you is just one of a number of worries that spring from the fact that:

a) This dress has to be the most perfect ever, so it's natural that you attach some pretty high expectations,

b) You've never spent so much money on one piece of clothing before in your life, let alone an item you will only wear for a single day!

It's absolutely normal to have second thoughts about your dress selection. Just like it's natural to worry about it not fitting even though it's been altered for the perfect fit. Just like it's okay to panic about it ripping even though you've never known anyone have that happen. The key is to remember that this is a second thought, and not the first. Your first thought was that it was your dream dress – that's why you bought it in the first place. Trust your instincts and let the worries pass; your dress is the right one.

## IS MY FIANCÉ REALLY THE ONE?

While he's kicking back on the couch with a beer and a film and you're stressing out over a seating plan, alone, even though half of the guests are his, it's easy to question your compatibility. And when he just doesn't get why it matters that the chair covers are violet and not plum, you question it even more.

Put it into perspective: when you said yes, you said it because you knew you

wanted to marry this person. You've likely spent years together already and they clearly haven't put you off, so take a deep breath and step back, knowing that this situation is both temporary and normal. The demands of a wedding are significant and they don't just take a toll on your time, they take a toll on your bank accounts too – something that makes even the most zen of us start to feel the pressure. Unfortunately that often brings silly arguments with it, but that's just what they are – silly.

And remember, while it might feel like it, nerves don't really equal cold feet. You've probably never been so in the spotlight or organised such a big event, so of course you feel nervous. Keep in mind that whether those nerves come as the planning realities set in or on the day itself, they don't necessarily mean you don't want to marry your partner or that your partner doesn't want to marry you. What other huge events, in front of potentially hundreds of people, have you got through without feeling just a little bit shaky? So chin up and smile. You're marrying your perfect partner and it's going to be one of the best days of your life. Promise. **Wf**