

Bridezilla, Wedding Planning and the Perfect Wedding

Wedding planning can be a very stressful time. Many of us have seen the reality t.v. show about bridezilla, the out of control bride. But you don't have to be so stressed out that you treat your family and friends like they were doormats or worse. Let's take a moment to think about it.

There are a gazillion things to do and think about as you plan your wedding. You want the perfect wedding, the day you've always dreamed about. But let's be realistic here. You can plan everything right down to the smallest detail, but chances are that not everything is going to go as you planned. Inevitably something will go wrong. If you accept this possibility as you plan your wedding this will help to reduce the amount of stress you experience.

Try to remember that if something doesn't go exactly according to your wedding plans that it's not the end of the world. It will probably be something that you, your groom, friends and family members will laugh about for years to come. If you get it on tape you might even send it to America's Funniest Videos and win \$10,000. There is always a bright side to most everything if you will just look for it. It is the bridezillas who fail to look for that silver lining in every cloud and make themselves and everyone around them miserable.

I saw a report on a national morning show recently about women who became very depressed after their wedding and honeymoon were over. After months of dreaming, anticipation, planning and shopping, the perfect wedding, came and went and there was a big let down. Realize that it's not the perfect wedding that is the most important thing, but the marriage relationship that you begin with the man you love.

Another matter for you to consider is how your family is dealing with your impending marriage and all the wedding planning. You won't realize until you are a little older how quickly time goes by. To your mom and dad it was only yesterday that you were their little girl. Although I'm sure they are very happy and excited for you as you begin a new phase in your life, they also can't help but feel a little sad. Of course, if you have been out on your own for a few years they have probably become accustomed to you being all grown up. Anyway, I say all that to say this, remember to be considerate of their feelings as you plan your wedding.

In this age of me, me, me, you might be shocked to learn that this day is not just about you. Include your family in helping you prepare, if they express an interest. You might just ask them if they would like to help you plan your wedding. Your mom will probably be thrilled! If she has a talent for flower selection and arranging, you might ask her to deal with the florist. Perhaps your dad could arrange hotel accommodations for any out of town guests. If you have brothers or sisters that are capable of helping out, by all means let them. If you have aunts that you are close to and can trust with a particular job, then ask them to help. Make it a family affair. You can never have too much help. The more help you have the less chance of you becoming bridezilla.

DO NOT PROCRASTINATE! Begin planning your wedding early, have your checklist of things to do and check them off as they are done, try not to micromanage everything and enjoy planning your wedding. So, to avoid being a bridezilla follow the above advice and try not to have any major last minute things that you have to do the week of your wedding. The less stressed and the more relaxed you are the more your wedding will seem perfect and the more you will enjoy your special day.

About the Author

Sheilah is a wedding planner/decorator and webmaster. Please visit us for more helpful information and advice on wedding planning including [proper wedding attire](#) at The Wedding Supply Store

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