



# Wedding Jitters *and* Cold Feet

***Ways  
to  
Deal  
with  
Them***

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# **Wedding Jitters and Cold Feet: Ways to Deal with Them**

For some people, getting married is more than a walk in the clouds. While most people get so hyped up, there are those that still go through battles with some last-minute anxiety.

The cold feet syndrome is not something new. How often have we heard of stories about the bride or groom not showing up during the celebration? Blame it on the movies such as “Runaway Bride”. But in reality, Julia Roberts doesn’t really have anything to do with it.

## **Too Much Caffeine?**

Ask around, and those who have jilted a wedding will most likely tell you that their nerves were responsible for it. They may not really be coffee addicts but since marriage entails a lifelong commitment and a string of greater responsibilities, a lot of people are apprehensive about taking the plunge. Suddenly, they forget what brought them together in the first place. Questions like, “Is he really the right guy/girl for me?” or “Is he the person I want to spend the rest of my life with?” will all start to haunt your thoughts.

Experts theorize that wedding jitters and cold feet involve some psychological aspects. Since all couples want their weddings to turn out perfect, it is normal to feel apprehensive especially when the date draws near. Most of them worry that they would not plan out every detail in time. These minor anxiety attacks are superficial and should not be a cause for worry. But then these otherwise minor issues may lead to constant arguments and fights. When people feel edgy, they don’t always have their usual patience. So before things could turn ugly, take the time to sort things out. While it’s good to be in the midst of all the preparations,

you don't have to kill yourself in order to create a fairytale wedding that may not have a happy-ever-after ending after all.

### **Identifying the Issues**

It's alright to feel jittery during the planning stage and much so on the big day itself. How many of us get to be a star for a day? Unless you're Britney Spears, being in the limelight doesn't happen too often.

But not everyone has minor issues to worry about. So before you create a huge fiasco, figure out what the problems are so you'll be able to deal with them accordingly.

**Tip 1:** Write down the things that are bothering you. When you do this, there are only two things that can happen. First, there is the chance that you won't have anything to write because you suddenly realized there is really nothing bothering you.

Second, if you did come up with things to write about, you will most likely realize that most of them have nothing to do with your relationship, with the wedding preparations, nor with reality.

**Tip 2:** Be a romantic schmuck for a day and send your partner a romantic letter. Even if you're not much of a writer, you are probably capable of creating a nice letter which speaks about your love and undying commitment. If you're unable to write anything, then it's best to have a serious talk with your partner.

**Tip 3:** Relive your happy moments. Go through the love letters you both wrote for each other or the photos you took during special times. These will remind you of the wonderful memories you shared. If for some reasons you don't feel happy to see those photos, then maybe your worries may not be that minor at all.

Pre-marital jitters and panic attacks are pretty normal and do not really imply a serious problem in the relationship. But before things get out of hand, you need to do something to calm those nerves. After all, it's your big day. And there's nothing better than seeing a happy couple exchanging "I do's".

### **Dealing with Those Nerves**

You're stressed out. So what's new? A million other couples are most likely going through the same phase. Wedding is after all, the most stressful event of a person's life. Thus, being a worrywart on or before the big day doesn't exactly mean that you are not ready for it. Just as it doesn't make you very ready for marriage if you don't feel edgy at all. So here are a few ways to calm down the nerves.

#### **Be an Optimist**

The mind is capable of influencing how things will turn out. So if you're always worrying and thinking of the worst, you are actually making them happen. Think positive. But don't be too much of a perfectionist. Remember that even if you want everything to be perfect, there's something that's bound to be different from what you would have wanted it to be. Just be prepared for it but do your best to prevent it from happening. After all, a few minor hitches wouldn't really ruin the entire occasion. Not if you allow them to.

#### **Maintain a Comfort Zone**

It is relatively easy to feel stressed-out when planning for a wedding. You're probably learning a million new things on top of doing your usual day-to-day tasks. Before you feel like you're ready to burst, stay within your comfort zone. Call on friends and family and leave the planning for a while. The people closest to you will definitely take the load off your back and will try their best to cheer you up. Also, you may want to designate some preparations to them. If some

people are hesitant to ask favors, you shouldn't be. Since this is going to be the biggest event of your life, your friends and family will be more than thrilled to get involved.

### **Get Your Partner Involved**

Sometimes, fears and worries stem from having a partner that seems as-a-matter-of-fact about the whole wedding thing. You look at yourself, in the heart of all the hustle and bustle of sending invites, choosing the flowers, selecting the menu, and you realize why you are the only one preparing for it.

Before you call off the celebration, try asking your partner why he doesn't get involved. For one, he may just be thinking that you are doing a pretty good job at it that you don't need him to complicate things any more than they already are. Or it could be that he just doesn't have any idea how to go about it the way he thinks you do.

It is not fair to think that your partner may not be too interested in the wedding as much as you are. Did you even ask him to speak up and point out some ideas? Even if you know what kind of flowers you want, he may have his preferences too. Remember that this occasion is as important to him as it is to you. Sometimes the only way to get a partner involved is to ask him what he thinks.

### **Vent Them All Out**

So you're scare and worried. You might not know it but your partner probably is too. So instead of keeping them all in, why don't you spend some quiet time together and talking about those fears?

Take some time off and go to some place really quiet and romantic. Share a drink or two. And before you know it, you will both realize that your worries are

nothing more than excitement. While extensive wedding preparation is crucial, there's nothing more important than preparing yourselves for marriage. Fall in love with each other once more. Then you'll understand the reasons why you're finally getting married. You are each other's biggest ally so work towards living up to that fact.

### **Practice Makes Perfect**

Most wedding details are spontaneous. This means that much as you want to practice the wedding dance, the walk down the aisle, or the toast, these may turn out quite different from how you practiced them.

Practice may make things perfect. But in weddings things don't have to happen without flaws. Actually, with a few minor snags, the wedding will look as real as it should be. As long as you have things in order, the only hitch that can ruin the day would be a partner walking out on the other.

### **Be Practical and Realistic**

Everyone knows it's your big day. And you emphasize that fact. You spend thousands of dollars on a designer dress that doesn't look much different from the inexpensive ones in the department store. You splurge on accessories, and you hire a professional make-up artist to give you "that" look on your big day. But do people even notice, much less care, what you actually spent to have "that" look?

One of the reasons that some people get wedding jitters before the actual wedding is because they think too much about the details. The wedding is about both of you. Every detail can go wrong without any one actually remembering it did. But all your guests will remember how each of you looked happy during the wedding.

So don't fret too much about the tiny details. You may both be in the limelight on that day but people will rarely notice the props you had. Bottom line, ask your guests a few months after the wedding and no one will likely remember what flowers you had or what the menu was.

### **Take a Breather**

Don't push yourself too hard. Even if you're running out of time with the preparations, make sure you still have some time for other things. Go out with your friends and make sure that you leave the wedding out of the topic. Whatever you choose to do, it shouldn't have anything to do with the wedding.

Because you need to look and feel good during your wedding day, spend some on things that will help you relax and look good. Visit your favorite salon for a foot spa. Or you can go with your friends for a relaxing massage. Pamper yourself all you want. But never do something outrageous like cut your hair half its original length. While you want to stand out on your wedding, you don't really like to look totally different.

### **Stop, Look, and Listen**

When you're stressed out, you can't think straight. Sometimes, before you can determine what the worries are about, you need to do some heavy thinking. If a date with your partner, or going out with friends do not help, try spending some time alone. Assess your feelings and evaluate your fears. Do they have something to do with the celebration or are they really about the new life you're going to be sharing with your partner?

Most often, people are just panicky about all the things that need to be done. And the sad thing is they confuse these worries with a relationship problem. Keep in mind that the celebration's most important aspect is how both of you feels. All others things are totally superfluous.

So listen to what your heart tells you. No one can really identify your problem but yourself. Do soul-searching. Imagine calling off the wedding and empathize how you would feel. Will you be able to handle it? Will you be happier without him? Sometimes the answers are there. We only need to wheedle them out of us.

Getting cold feet before or during the wedding day happens to a lot of people. But how you deal with it can affect the celebration and the life that you and your partner will be sharing afterwards.

If you are sure that your anxieties are merely caused by the wedding preparations, then this shouldn't affect you too much. Because whatever happens on your wedding day, the guests won't really look out for loopholes in the preparations. They are not out to laugh at the snags, but they are there to share the special moment with you.

Ask any married couple and they'd tell you that during your big day, you don't really notice anyone or anything other than your partner. It's ok to be concerned about your guests. But don't overdo it. Remember that it is your day and you are both entitled to have as much fun. Thus, let your guests be. Get the most out of the moment because it doesn't happen too often in our lives.

So lighten up and don't worry about it more than necessary. After all, you don't want to look stressed-out on your big day. As long as you both know that you are doing this for the right reasons, there is really nothing to feel queasy about.

Forget the flowers. Who cares if the band doesn't show up? And who will ever remember that you came in a beat-up Chevy? If anyone will notice, no one will care enough to remember it. The important thing is you have something special with your partner. You are happy and you are proud to have each other for keeps.

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