

DRESSED,
STYLED, *and*
DOWN *the* AISLE

Becoming a Stylish Bride

CHAPTER 07

DECIDING WHO TO BRING

brought to you by

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Choosing who to bring wedding dress shopping often seems like a no-brainer for most brides until they really sit down and think about the personality types of those involved. While it may seem like a no-brainer to invite your tell-it-like-it-is bestie, the truth is her no-holds-barred approach may not be the best energy for your first bridal appointment when you may just need some space to try on lots of shapes without any blunt feedback.

So, how do you know who to bring and how do you let someone down when they haven't made the cut? We have put together a few questions to help you cultivate your crew. By answering these questions honestly, you can better place yourself in the role of director. This will give you a stronger sense of control over your experience while also allowing you much-needed space to make thoughtful decisions about what role each person will play in your wedding planning journey.

Be warned: it will also encourage you to consider the realities of your relationship that sometimes get overlooked in the excitement of a new engagement, something many brides-to-be forget until it's too late.



DOES THIS PERSON HAVE A CLEAR UNDERSTANDING OF WHAT I'M LOOKING FOR IN TERMS OF STYLE, SUPPORT, AND ENERGY?

This is important as dress shopping is one of the most exciting and memorable parts of your wedding experience, and you want to be surrounded by people who are positive, self-aware and supportive of you finding something you want in an environment that allows the spotlight to be on you.

IS THIS PERSON IN A GOOD HEADSPACE TO JOIN ME ON THIS JOURNEY? OR ARE THEY DEALING WITH SOMETHING IN THEIR PERSONAL LIFE THAT MIGHT IMPACT HOW MUCH THEY CAN GIVE AT THIS TIME?

Though it may seem selfish to leave out a friend going through a bad breakup or your sister who hates being single, the truth is that wedding dress shopping can be an emotional experience for all involved. While you should be there to support your loved ones, it is completely acceptable to want a stress-free day that's all about you.

WHY DO I WANT THIS PERSON THERE? WILL THEY ENHANCE THE EXPERIENCE IN SOME WAY OR DO I ONLY FEEL OBLIGATED TO INCLUDE THEM?

This can be a really difficult question for some brides, particularly those who tend to people-please. However, if your cousin always brings drama, expecting her to be any different such a high-stakes scenario would be a mistake. Be realistic about what you're signing up for by inviting someone and consider which would be worse; their annoyance at not being invited or a lifetime memory of them ruining your day.

WHAT KIND OF DYNAMIC DO WE HAVE IN OUR NORMAL DAY-TO-DAY INTERACTIONS?

As stated above, everything that already exists will be amplified at wedding events. For example: Supportive mom's tend to show up for their daughters as they try on dresses, but those who are critical rarely bite their tongues in the salon. I am not suggesting that you don't bring your mother, by the way, but if she's more likely to criticize, taking some time to think about your dynamic will help you manage expectations, set boundaries and may even encourage you to pop into a salon or two before you go together.



WILL THEY COOPERATE WITH THE GROUND RULES I'VE SET?

Boundaries are non-negotiables when planning milestone events and I encourage you to think about what kind of environment you want for yourself at every stage. Do not invite anyone who can't honor your space and right to make your own decisions and share your expectations with all involved just as an added reminder.

HOW TO LET SOMEONE DOWN EASILY.

While it's never nice to leave someone out, the truth is that not every person can be invited to everything. The best way to deal with this is to not make a big deal of it and invite them to do something else. This could be attending your first dress fitting, selecting a veil, going to the flower market together or any other special excursion where she can give her input on options you already love.

While it takes a little strategizing and planning, but there is a way to make everyone feel like they play an important role without sacrificing your joy (and peace of mind).