

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

Becoming a Stylish Bride

# CHAPTER 04

## WHAT IS YOUR VISUALIZATION ABILITY?

*brought to you by*

**Julie Sabatino**

Founder of The Stylish Bride





Whether it's envisioning an altered neckline or imagining how a (bridal) size 8 sample will look on your curves, knowing how to visualize is nothing short of a superpower when it comes to wedding dress shopping. Unfortunately, it's also not something that comes naturally to every bride.

**In this quiz, we will assess your visualization threshold and share some expert tips relevant to your specific score.** Note: There are scientific studies done on this topic, but this isn't one of them. It's simply a list of questions that I've used over the years to ascertain how able my clients are to do this, and I hope this information can help you, too.



PLEASE READ THE FOLLOWING STATEMENTS AND CHOOSE THE ANSWER THAT BEST ALIGNS WITH YOUR ABILITIES.

**1. WHEN I AM SHOPPING ONLINE, I AM ABLE TO ENVISION MYSELF WEARING THE OUTFIT OR ITEM SHOWN.**

- A) *Yes*
- B) *No*
- C) *Sometimes*

**2. WHEN I TRY ON ITEMS I HAVE ORDERED ONLINE, IT LOOKS LIKE I IMAGINED IT WOULD.**

- A) *Yes*
- B) *No*
- C) *Sometimes*

**3. WHEN AN ONLINE CLOTHING PURCHASE ARRIVES AND I TRY IT ON, I OFTEN THINK, “WHY IN THE WORLD DID I ORDER THIS?” AND PROMPTLY RETURN IT.**

- A) *Yes*
- B) *No*
- C) *Sometimes*

**4. WHEN I SHOP FOR A NEW PIECE OF FURNITURE AND ENVISION THE PIECE IN MY ROOM, I LOVE IT WHEN IT ARRIVES.**

- A) *Yes*
- B) *No*
- C) *Sometimes*

**5. WHEN TRYING TO COORDINATE COLORS AND PATTERNS, I INSTINCTIVELY KNOW WHAT WILL LOOK GOOD TOGETHER.**

- A) *Yes*
- B) *No*
- C) *Sometimes*

**6. WHEN THINKING ABOUT CHANGING SOMETHING ON A PIECE OF CLOTHING, I AM ABLE TO IMAGINE WHAT IT WILL LOOK LIKE.**

- A) *Yes*
- B) *No*
- C) *Sometimes*



## TALLY UP YOUR ANSWERS. IF YOU HAVE MOSTLY:

### A's:

You are a **visualization master** and will have no problem imagining how a dress will look when it arrives. **A designer's dream**, you are a great candidate for a custom dress (if you are so inclined) or have customization ideas that can make a dress feel even more personal to you.

#### Expert tip:

Knowing what is possible when it comes to alterations is important—you don't want to buy a dress thinking you can simply drop the waist, for example, when it's not a simple thing to do. It's also important not to allow your imagination to run away with you and entertain making too many changes to a dress. And remember this: **whatever changes you do decide to make, have them listed in the contract so that you don't end up with incorrect modifications or ones you didn't anticipate.**

### B's:

As someone who needs to see something to understand it, it's important that you **find a dress that you love as is**. Making changes and modifications can potentially cause a lot of stress for you, or worse, lead to disappointing outcomes. Letting consultants know this up-front can save you a lot of time and frustration.

#### Expert tip:

You will likely be asked to visualize the fit and length of a dress and asking the consultant to mock it up will prove helpful. **That said, if you still can't envision what it will look like, or just don't 'get it', don't order the dress.**

### C's:

This is **the trickiest group** because you have some ability to visualize, but it doesn't work all the time. This can lead you to agonize over the choices, and possibly doubt your decision.

#### Expert tip:

Keep dress changes to a minimum, and if you are going to do any, make sure they are ones that can be done in the fitting so that they can walk you through exactly how it will look. Modify things slowly and avoid making any changes that can't be adjusted. **Finally, remember that it's easier to take things out (like crinoline), make them smaller (like volume), and lower things (like v-necks) than to go the other way.**