

Don't Be a Run Away Bride

"Cold Feet" or Serious Concern? No one wants to be a "run away bride" but how do you know the difference between real concern and normal wedding stress?

A sense of nervousness about a wedding is normal – it is a life-changing decision. If you're feeling excited and a little nervous, it's probably just the pre- wedding jitters. Most couples will have a few more disagreements during wedding planning; so don't let that be a major concern. Try to differentiate between being stressed about wedding planning and being stressed about the marriage.

Serious Problems that Should Cause you to Call Off or Postpone the Wedding.

- If either one of you has been unfaithful or deceitful
- Your future spouse has been violent towards you
- If you've discovered that your future spouse has a drug or alcohol problem and is not in recovery.
- If thinking about the wedding has given you feelings of dread rather than happiness for more than a month.
- You differ on whether or not to have children.
- The majority of your friends don't like your future spouse.
- If you're only going through with it because you will be too embarrassed to call it off, or you're worried about hurting your fiancé.

If any of the above applies, consider seeking help and postponement of the wedding until issues can be resolved. If your stress level is too high talk to others and ask for more help with your wedding plans. Click on the link below for more info about to help with the stress of wedding planning