



100 Braid St Weddings

Dealing with Wedding Drama Suggestions & Tips

You're engaged and now the wedding planning begins! Just, sorting out the volume of information and making decisions about what you want as a couple can be a stressful enough experience. Unfortunately, as with many life events an added and sometimes unexpected factor is the family drama that often ensues. And there will be some sort of drama. Guaranteed.

Why? There are a lot of psychological dynamics that are aroused when planning a life event, even if it terribly exciting. As a soon-to-be-married couple it's important to understand that just as the planning a wedding process can trigger a variety of emotions in you, it can bring up a lot of different emotions in the people who love you. Even those people who have always been your biggest supports and cheerleaders can get crazed in the weeks before a wedding.

Some experts call a wedding a "positive crisis" and the people along for the ride who are trying to help you deal with the stress and complete tasks are usually dealing with some kind of issue themselves. It's not uncommon for people to "freak out" at least once about something.

Examples of this are a mother who talks incessantly about the wedding and focuses on the dynamics and relationships in your own or partner's family. Or maybe she becomes aloof, uncommunicative and depressed; she may be triggered by insecurities around her own wedding, not having the wedding she wanted because of interfering family members or it could be something like aging, work or life changes.

A father may start to complain about wedding expenses and want to micro-manage every decision you make if he is paying for the wedding. He could also distance himself from anything to do with the wedding and planning. Experts say emotions for fathers are often related to feelings of control, protection, and triggers around his own marital relationship.

Unmarried siblings can resent the attention you are being given; they may distance themselves or conversely, they may start hovering and wanting to be included in absolutely everything you do and decision you make.

And then there are the issues surrounding divorced parents; emotions related to loss, anger, frustration and sadness.

All of the above can apply to any of the different people in your life.

One of the best things you can do is to put boundaries in place and with particularly thorny issues you may even need to ask the parties involved to "hold the issue until after the wedding".

As a former wedding & event planner, our owner Susan Greig has a suggestion to help ease tension. Soon after your engagement or when difficulties start to surface call a meeting with each parent or significant family member.

Ask them one or both these questions:

What are the three most important things to you about our wedding?

Or

What are the 3 most important things you'd like to see happen at the wedding?

Susan says this works especially well if relationships are strained and emotions about the wedding day are running high. "These questions will make your family members feel valued, heard, and will help you and them identify what is really important... and what may be going on emotionally for them. Sometimes something small like wearing an heirloom wedding accessory or a family ritual during a wedding reception can make all the difference in the world to a family member and ease tensions." Try inviting your wedding planner to attend as people are often on better behavior with someone they don't know but it will signal to your family member that you are taking their suggestions and comments seriously.

In her experience, Susan says that tears are often shed when communication is opened, common ground is found, and very often you will find that your values do align.

Assuring the important people in your life that their opinions matter and that you will try to include as many of the important details to them into the day as you can. In the end you may not be able to do all of them but you will have opened communication and set the stage for precious moments both before and during your wedding day.

For more information about booking at wedding at 100 Braid St Studios & Gallery please feel free to contact us:

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