



**THE FIRST DANCE**

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## **Couple Principles**

1. **It's your day, but not only your day.**
2. **Be a team.**

If you are a good team, you can handle almost anything—but you have to know what kind of team you are. We have observed three general kinds of teams:

  - **The bride is in charge.** She is the planner and decision maker. She keeps the groom informed and may assign him certain tasks.
  - **Leader/Supporter.** The bride is the clear leader but the groom helps make decisions and may have his own areas of responsibility, such as dealing with his parents and the men in the wedding party.
  - **Co-Leaders:** They make all major decisions together. They divide responsibility for gathering information prior to make joint decisions, and they may also have some separate areas of responsibility.
3. **It's about values, not just activities or things.**

Stay focused on your values—about marriage, family, tradition, religion, friends, money—and let decisions flow mostly from these values rather than from comparisons with what other couples are doing.
4. **Know what's a big deal—and not a big deal.**

Let each other know what's most important to you about the wedding--and what the values are behind it—as well as what's not so important because there are no major values behind it.
5. **Know your emotional limits.**

Be honest about how you handle the stress of making decisions and following through, and what you need from each other when you are not coping well. Here are some examples of how people get off track when they are stressed:

▪ <b>Worry wart</b>	▪ <b>Temper outbursts</b>
▪ <b>Procrastinator</b>	▪ <b>Don't ask for help</b>
▪ <b>Nagger</b>	▪ <b>Act helpless</b>
▪ <b>Avoider</b>	
▪ <b>Silent martyr</b>	
▪ <b>Complainer</b>	