

ave you ever tried to write down how you feel about the love of your life? Better yet, have you ever tried to sum up those feelings in a short paragraph? Sound tricky? It is.

At first I was feeling a little bit smug about vow writing. Working for a wedding mag you read enough lovely stuff to get a good idea of what's expected from wedding vows. A short little intro about what he means to you, a few heartfelt promises (perhaps with a little humour thrown in), and one hell of a sign-off that won't leave a dry eye in the house. Boom. Easy.

However, when I sat down to write my vows I got a bit of a shock – I wrote a few lines, I deleted a few lines. I sat there for a whole 10 minutes just staring at the screen (that darn cursor blinking at me). Trying to write about love is a difficult balance. Of course, you have to talk about emotions, but you don't want your vows to sound trite, sickly sweet or (at the very worst) insincere.

The only advice I can offer is to keep things personal. I found flicking through old photos incredibly helpful – it reminded me of everything we've been through and why our relationship is so special. However, the words only really started to flow when I ditched the template, stopped worrying about the crowd and focused instead on what I wanted to say to my fiancé.