

Why Divorce Lawyers Are Busy After the Holidays

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By Sandra A. Brooks and Cheryl L. Hepfer



The holiday season, with its emphasis on family gatherings, goodwill, and celebration, might seem like an unlikely time to consider divorce. However, for many couples, the stress and emotional intensity of the holidays often bring underlying marital issues to the forefront. As a result, divorce lawyers frequently see a surge in inquiries and new cases at the start of the new year, making January a peak season for divorce consultations and filings.

The "New Year, New Start" Mentality

For some individuals, the beginning of a new year represents a fresh start. This "New Year, New You" mindset often leads people to reevaluate their lives, including their relationships. Couples who have been struggling may view January as an opportunity to break free from an unhappy marriage and start anew.

Holiday Stress Magnifies Marital Strains

The holiday season is a time of high expectations. Families aim to create perfect celebrations, but the financial pressures, packed schedules, and family dynamics can amplify tensions in already strained relationships. Disagreements over money, parenting, or extended family obligations may come to a head, leaving one or both partners feeling that divorce is the only solution.

Staying Together "For the Kids"

Many parents delay divorce proceedings until after the holidays to avoid disrupting their children's celebrations. They prioritize giving their kids one last holiday season as a united family, even if the marriage is irreparably broken. Once the holiday decorations are packed away, these couples often proceed with reaching out to divorce attorneys.

The Role of Social Media and Comparison

During the holidays, social media feeds are flooded with images of seemingly happy families enjoying picture-perfect moments. For individuals in struggling marriages, these posts can deepen feelings of dissatisfaction and loneliness. The stark contrast between their reality and the idealized versions of others' lives may push them toward seeking a divorce.

Preparing for the Surge

Divorce lawyers and family law firms are well aware of the post-holiday uptick in divorce cases. Many firms use December to prepare for the influx, ensuring that their teams are ready to handle consultations, paperwork, and court filings. Some even offer informational sessions or promotional campaigns in January to assist potential clients during this challenging time.

Moving Forward

For those considering divorce after the holidays, it's important to approach the process thoughtfully. Consulting with an experienced divorce lawyer is a critical first step in understanding your rights and options. Additionally, seeking support from therapists or counselors can help individuals and families navigate the emotional complexities of divorce.

While the start of a new year can be a difficult time for couples ending their marriage, it also represents an opportunity for growth and a chance to create a more fulfilling future. Divorce, while challenging, can ultimately lead to a healthier and happier life for all involved.