



[Home Page](#) > [News](#) > [Local](#) > Local Stories

New Year's resolution: Get divorced?

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[Neal Augenstein](#), wtop.com

WASHINGTON - While "lose weight" is probably on many people's lists of New Year's resolutions, some are vowing to shed more than a hundred pounds -- not in a gym, but in a divorce courtroom.

"A lot of people want to begin the New Year anew," says family law attorney Kathryn Dickerson of Vienna, Va.-based [SmolenPlevy](#).

Unhappy couples often try to endure the Christmas holiday.

"They've resolved to themselves they're not going to spend the holidays next year as they did this year," Dickerson says.

Men are more likely than women to begin divorce proceedings early in 2011, Dickerson says.

Women "are tired, they're let down, the stress is over, and they just want to breathe for a little bit," says Dickerson.

"For men, they've gotten through the holidays. They've maintained the image of a family for as long as they could, and they're ready to move forward."

The winter weather often exacerbates tension in a struggling relationship.

"People stay indoors. When people stay indoors they tend to wear on each other faster."

Dickerson says she believes the bad economy has likely resulted in couples staying together longer than they'd like to.

"People have lost jobs. Things have been very uncertain. They couldn't afford to move out," Dickerson said.

Ironically, as the economy improves Dickerson anticipates more marriages will end.

"Now that the economy is slowly getting better -- despite what everyone may feel -- they can now begin to afford living in separate households."

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